SEAHAWKS

2021 MEDIA GUIDE

2021 SEATTLE SEAHAWKS SCHEDULE

PRESEASON

PS WK 1	AUGUST 14	6:00 PM	Q13 FOX	@
PS WK 2	AUGUST 21	7:00 PM	Q13 FOX	VS
PS WK 3	AUGUST 28	7:00 PM	Q13 FOX	VS

REGULAR SEASON

WK 1	SEPTEMBER 12	10:00 AM	FOX	@	
WK 2	SEPTEMBER 19	1:25 PM	CBS	VS	
WK 3	SEPTEMBER 26	1:25 PM	FOX	@	
WK 4	OCTOBER 3	1:05 PM	FOX	@	
WK 5	OCTOBER 7	5:20 PM	FOX/NFLN/AMAZON	VS	TNF
WK 6	OCTOBER 17	5:20 PM	NBC	@	SNF
WK 7	OCTOBER 25	5:15 PM	ESPN	VS	MNF
WK 8	OCTOBER 31	1:05 PM	CBS	VS	
WK 9	NOVEMBER 7	BYE WEEK			
WK 10	NOVEMBER 14	1:25 PM	CBS	@	
WK 11	NOVEMBER 21	1:25 PM	FOX	VS	
WK 12	NOVEMBER 29	5:15 PM	ESPN	@	
WK 13	DECEMBER 5	5:20 PM	NBC	VS	SNF
WK 14	DECEMBER 12	10:00 AM	FOX	@	
WK 15	DECEMBER 19	1:25 PM	FOX	@	
WK 16	DECEMBER 26	1:05 PM	FOX	VS	
WK 17	JANUARY 2	1:25 PM	FOX	VS	
WK 18	JANUARY 9	1:25 PM	FOX	@	

WE'RE ALL SEAHAWKS.

Q13 FOX

OFFICIAL TV PARTNER
OF THE SEAHAWKS

COMMUNITY ENGAGEMENT

MISSION & IMPACT

Using our unique and powerful platform, we educate, empower, and encourage our region's youth, support and celebrate our local military communities, drive youth aspiration to play the game of football, build equitable programs to support community partners in social justice and inclusion efforts, and create meaningful connections between our past and present team and fans throughout the Pacific Northwest and beyond.

$1,000,000

CONTRIBUTED TO SUPPORT SOCIAL JUSTICE INITIATIVES

22,000,000

IMPRESSIONS THROUGH VOTER ENGAGEMENT DIGITAL CAMPAIGN

120,000

MEALS DISTRIBUTED TO KIDS AND FAMILIES IN NEED FROM LUMEN FIELD

600

MILITARY IMPACTED THROUGH SALUTE TO SERVICE EVENTS

$15,000

RAISED FOR MINORITY VETERANS OF AMERICA

800

STUDENTS ENGAGED WITH PLAYERS, BLITZ & DANCERS THROUGH VIRTUAL CLASSROOM VISITS

2,500

PLAYERS AND COACHES PARTICIPATED IN VIRTUAL YOUTH AND HIGH SCHOOL FOOTBALL EVENTS

300

SURFACES DONATED TO BOYS & GIRLS CLUBS OF KING COUNTY TO SUPPORT VIRTUAL LEARNING

84

PLAYERS & COACHES WORE HELMET DECALS TO HONOR VICTIMS OF RACISM & POLICE BRUTALITY

AREAS OF FOCUS

YOUTH EMPOWERMENT

Through programs, initiatives, events, and strategic partnerships we aim to educate, empower, and encourage youth, with a focus on character development, social emotional learning, healthy relationships, and physical activity

SOCIAL JUSTICE

Foster positive and impactful engagement through equitable programming and giving, supporting groups that align with our core values, and amplifying the voices of our community partners in their social justice and inclusion efforts

MILITARY COMMUNITY

Engage, support, and celebrate members of the military community including service members, veterans, families, and non-profit organizations in our local community through programs, recognitions, and events

FUTURE OF FOOTBALL

Serve as a catalyst to drive youth aspiration to play the game of football, encourage and celebrate a broad range of local youth football communities including NFL Flag, Youth Tackle and High School Football

PLAYERS & LEGENDS

Create and support opportunities for our players and Legends to engage in a variety of programs, campaigns, and events through service and involvement in our local community and beyond

YOUTH EMPOWERMENT

Through programs, initiatives, events, and strategic partnerships we aim to educate, empower, and encourage youth, with a focus on character development, social emotional learning, healthy relationships, and physical activity.

GAME CHANGERS

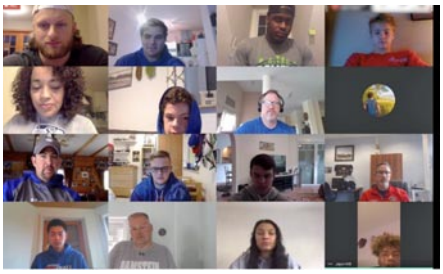
GAME CHANGERS PRESENTED BY SYMETRA

Game Changers is a multipart initiative to engage teens from five King County Boys & Girls Clubs through interactive leadership programming with the opportunity to empower their peers and their communities.

MAKE-A-WISH®

MAKE-A-WISH

In partnership with Make-A-Wish Alaska/ Washington, Seahawks provided virtual experiences for children battling life-threatening illnesses.



VIRTUAL SCHOOL VISITS

Engaged with over 800 students through virtual school visits with Blitz and Seahawks players.

INVEST ED

WA

SEAHAWKS LICENSE PLATES

Supported Washington State youth through InvestED and Washington World Fellows via the Seahawks specialty license plates program.

306

African-American History™

306: AFRICAN-AMERICAN HISTORY

Provided access to the digital course, 306: African-American History, to ten area schools that explores the lives, stories, and lessons of African Americans throughout history.

CHARACTER PLAYBOOK XX™

POWERED BY EVERFI

CHARACTER PLAYBOOK

Character Playbook, an innovative digital learning experience to educate students on how to cultivate and maintain healthy relationships, is available to all schools.

FUEL UP TO Play 60

FUEL UP TO PLAY 60

Fuel Up to Play 60 is the largest national in-school nutrition and wellness program activated locally in partnership with the Dairy Farmers of Washington. Participating schools can win grants and visits from Seahawks Dancers, Blitz, and players.

ALL IN WA

DIGITAL EQUITY INITIATIVE

Launched Digital Equity Initiative in partnership with All In WA and InvestEd, raising over $3.7M to ensure students from low-income families have timely access to the resources and tools necessary for remote learning.

SPIRIT OF 12 PARTNERS

Community-based nonprofits distribute the Seahawks Gameday Magazine, keeping 100 percent of the proceeds that are then matched by The Paul G. Allen Family Foundation.

17 YEARS

45 CHARITIES

$5 MILLION RAISED

18,000 VOLUNTEERS

434,500 PROGRAMS

THE PAUL G. ALLEN FAMILY FOUNDATION

MILITARY COMMUNITY

Engage, support, and celebrate members of the military community including service members, veterans, families, and non-profit organizations in our local community through programs, recognitions, and events.

TASK FORCE 12

TASK FORCE 12

Launched Task Force 12, a coalition of 12 veteran non-profits working together to create and provide life-changing support to our military community.

MILITARY SUPPLY DROP

Seahawks partnered with Minority Veterans of America and FOB Hope to provide veterans and families with essential supplies throughout the pandemic.

SALUTE TO SERVICE NON-PROFIT

Raised over $15K for Minority Veterans of America whose mission is to create belonging and advance equity for minority veterans.

SALUTE TO SERVICE MOMENT

The Seahawks and USAA, Official Salute to Service Partner of the Seahawks, are proud to honor and recognize a service member during each home game.

USAA

OFFICIAL SALUTE TO SERVICE PARTNER OF THE SEATTLE SEAHAWKS

SALUTE TO SERVICE

NFL year-round effort to honor, empower, and connect our nation's service members, veterans, and their families.

PLAYERS & LEGENDS

Create and support opportunities for our players and Legends to engage in a variety of programs, campaigns, and events through service and involvement in our local community and beyond.

MY CAUSE, MY CLEATS

31 players, coaches and Blitz participated in My Cause My Cleats with over $15K raised for non-profits.

EQUALITY & JUSTICE FOR ALL ACTION FUND

To create lasting change and build a more compassionate and inclusive society, the Seahawks Players Equality & Justice for All Action Fund distributed $500K worth of grants to local non-profits and launched a college scholarship fund for high school students.

SEAHAWKS LEGEND OF YEAR

Seahawks Legend Cliff Avril was selected as the Legend of the Year for his dedication and commitment to the community.

WALTER PAYTON
MAN OF THE YEAR
PRESENTED BY
Nationwide

MAN OF THE YEAR

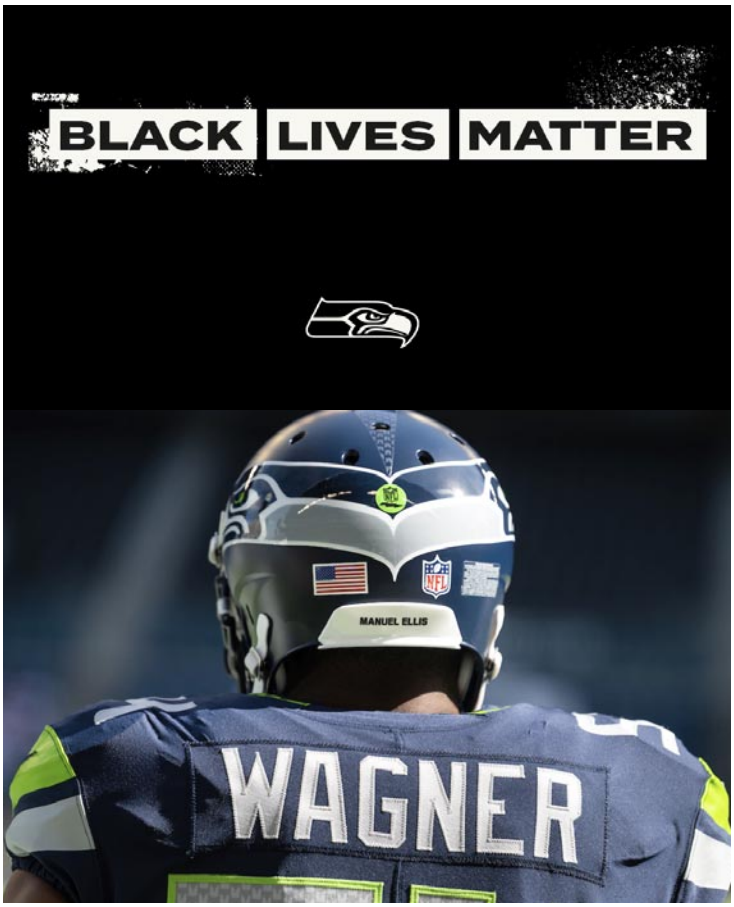
Russell Wilson was named the NFL Walter Payton Man of the Year for his outstanding community service activities off the field as well as excellence on the field.

STEVE LARGENT AWARD

K.J. Wright received the Steve Largent Award, which is voted on by Seahawks players and given to the teammate who best exemplifies the spirit, dedication, and integrity of the Seahawks. The award was first handed out in 1989 to its Hall of Fame namesake.

LEGENDS COMMUNITY

NFL Legends Community connects former players with each other, their former teams and the NFL. The program includes outreach for team and league initiatives such as homecoming festivities and community events.

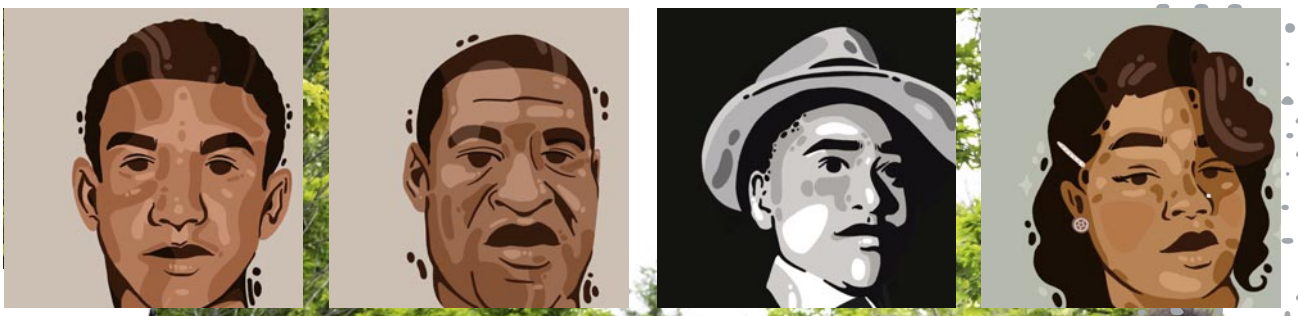


BLACK LIVES MATTER

Players and coaches wore We Want Justice t-shirts and helmet decals to honor victims of racism and police brutality.

SOCIAL JUSTICE

Foster positive and impactful engagement through equitable programming and giving, supporting groups that align with our core values, and amplifying the voices of our community partners in their social justice and inclusion efforts.



DIVERSITY, EQUITY & INCLUSION COUNCIL

In furtherance of our organization's commitment to continuing the dialogue on systemic racism and dedicated effort to listen, learn and take meaningful action, the Seahawks formed a 17-member Diversity, Equity & Inclusion (DEI) Council. This Council, made up of our great teammates across various departments in the organization, will serve as an advisor to our leadership on DEI Initiatives and strategies.

The role of the Council includes the following:

- Assist Senior Management on formulation and execution of DEI strategy
- Guide and hold Seahawks/FGI accountable to its DEI commitment
- Serve as advisor between business units and DEI function
- Gather and disseminate information on DEI to workforce
- Develop best practices for DEI
- Amplify the voices of our marginalized

Vice President of Diversity, Equity & Inclusion: Karen Wilkins-Mickey

Executive Sponsor: Sarita Carter

DEI Council Chair: Midori Hobbs

Council Members: Mario Bailey, Desirae Bamba, Dave Canales, Madeline Down, Bobby Emerson, Nino Gray, Melanie Hoshino, Mackenzie Marques, Amanda Marr, Justin Mitchell, Alicia Nickell, Duncan Patton, Devin Scelsi, David Stricklin

IT TAKES ALL OF US

VOTER ENGAGEMENT

Drove voter engagement through digital campaign, voting center at Lumen Field and 100% of players and coaches registering to vote.

CREATIVE JUSTICE

Through Seahawks Gameday Poster series, raised $87K for Creative Justice, a community program aimed at finding alternatives to incarceration for young people in King County through arts.

IN COMMUNITY, BY COMMUNITY

Produced a short documentary about Restorative Community Pathways and the fight to end youth incarceration in King County.

BLACK FUTURE CO OP FUND

OUR COMMUNITY.
OUR POWER.
OUR PROSPERITY.

BLACK FUTURE CO-OP FUND

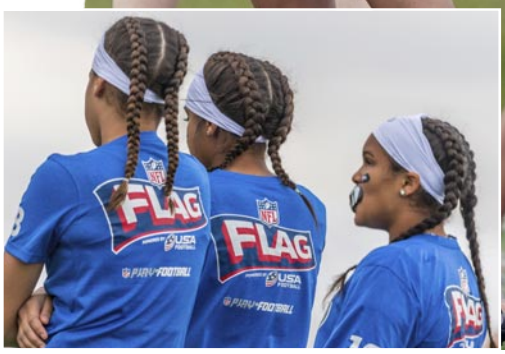
The Seahawks were proud to donate $100K to the Black Future Co-Op Fund, which acknowledges the harm that systemic racism has done to the Black community in Washington state, and serves as a collective hub for efforts to eradicate poverty, build generational wealth, preserve Black Culture, and celebrate the incredible resilience of the Black community.

FUTURE OF FOOTBALL

Serve as a catalyst to drive youth aspiration to play the game of football, encourage and celebrate a broad range of local youth football communities including NFL Flag, Youth Tackle and High School Football.

GIRLS HIGH SCHOOL FLAG FOOTBALL

The Seahawks are teamed up with the WIAA, Nike and NFL Flag to support youth flag football by launching the state's first girls high school flag football club league in Pierce County.



HIGH SCHOOL JERSEYS

Displayed over 200 football jerseys from Washington state high schools in the stands at Lumen Field for every home game in 2020.

NFL FLAG

Launched Russell Wilson Flag Football League in partnership with NFL Flag for boys and girls ages 4-14 in the Puget Sound region.

GATORADE CAMPS

Hosted virtual Gatorade Camps for over 2,000 kids to practice their football skills and stay active while at home.

HIGH SCHOOL FOOTBALL CHALK TALK WITH LEGENDS

Hosted a series of Chalk Talks with Seahawks Legends and high school football coaches and players.

WASHINGTON STATE FOOTBALL COACHES ASSOCIATION

The Seahawks are long-term partners with the Washington State Football Coaches Association through the Coach of the Week/Coach of the Year programs, clinics and annual events.

YOUTH FOOTBALL GRANTS

Distributed $50,000 to local NFL Flag teams and High School football programs throughout the greater Seattle area.

PUBLIC BENEFITS

Through a public-private partnership between First & Goal Inc. (FGI) and the Washington State Public Stadium Authority (PSA), Lumen Field and Event Center provides substantial financial benefits for communities throughout the state.

COMMUNITY CONCESSIONS PROGRAM

Offers neighborhood restaurants the opportunity to provide unique and local food options at all Seahawks and Sounders home games and other large stadium events.

$310,140
IN PROCEEDS EARNED IN 2020

NOT FOR PROFIT CONCESSION PARTNERS

Opens a number of concession stands to not for profit organizations to fundraise during Seahawks and Sounders home games and other large stadium events.

$469,172
CONTRIBUTED IN 2020

$13,356,360
CONTRIBUTED SINCE 2006

PERMANENT COMMON SCHOOL FUND

Washington State's Permanent Common School fund receives 20 percent of the net profits from events at Lumen Field Event Center to support public school improvements.

$405,689
CONTRIBUTED IN 2020

$5,541,043
CONTRIBUTED SINCE 2002

FRONT OFFICE

JODY ALLEN

CHAIR, SEAHAWKS; TRUSTEE OF PAUL G. ALLEN TRUST

Jody Allen is Chair of the Seattle Seahawks and a proud 12 herself, recognizing the team's role as a powerful catalyst for civic pride. She is also chair of Vulcan Inc., which she co-founded with brother Paul G. Allen in 1986. For decades, they worked side-by-side across a range of business and philanthropic initiatives. She led development of Lumen Field and Lumen Field Event Center, as well as the Moda Center, home of the Portland Trail Blazers of which she is also chair.

Jody is also co-founder, board chair, and president of the Paul G. Allen Family Foundation, chair and founding director of MoPOP, Seattle's acclaimed museum of popular culture, and chair of the board of the Allen Institute, which works to solve some of the biggest mysteries of bioscience. As trustee of the Paul G. Allen Trust, Jody works to ensure Paul's vision is realized for generations to come.

BERT KOLDE

VICE CHAIR, SEATTLE SEAHAWKS & PORTLAND TRAIL BLAZERS

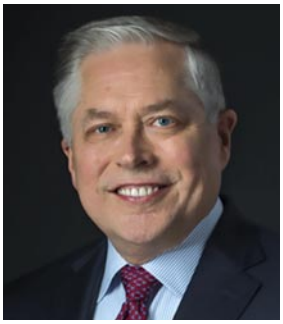
Bert Kolde is Vice Chair of the Seattle Seahawks and the Portland Trail Blazers and is Executive Vice President of Sports Strategy and Operations at Vulcan Inc., where he oversees the long-term strategy and business operations of the teams and their affiliates.

Kolde has been on the Seahawks leadership team for over 20 years. He played an instrumental role in Paul Allen's purchase of the Seahawks, spearheading the legislation and referendum that led to the development of Lumen Field. Bert works closely with Jody Allen on all Seahawks-related matters.

Kolde grew up in Seattle and earned a degree in finance from Washington State University and received his MBA from the University of Washington. Bert and his wife Alison have four sons.

SEATTLE SEAHAWKS BOARD OF DIRECTORS

JODY ALLEN



BERT KOLDE

CHRIS McGOWAN

SEAHAWKS AMBASSADORS

JACOB GREEN

STEVE LARGENT

GARY WRIGHT

JOHN NORDSTROM

In 2009, the Seahawks formed a group of team ambassadors. This group has a close and personal affiliation with the franchise linking the past with the present. The members advise Seahawks ownership and management as to the direction of the franchise as it relates to the fans and the community. Current members are Seahawks Ring of Honor members Jacob Green and Steve Largent. John Nordstrom also serves as an ambassador and is a family member of the Seahawks original ownership group. Gary Wright, a well-respected member of Seahawks management for 32 years (1976-2009), was added in 2012. The late Cortez Kennedy also served as an ambassador.

CHRIS MCGOWAN

CHIEF EXECUTIVE OFFICER, VULCAN SPORTS & ENTERTAINMENT

Chris McGowan serves as Chief Executive Officer of Vulcan Sports & Entertainment (VSE), where he is responsible for business operations of VSE sports franchises and facilities, including the Portland Trail Blazers (NBA) and Seattle Seahawks (NFL). Chris also serves as VSE representative for the ownership stake in the Seattle Sounders (MLS).

Named Trail Blazers and Rose Quarter President & Chief Executive Officer in October 2012, McGowan, 47, moved to the Pacific Northwest from Los Angeles-based Anschutz Entertainment Group (AEG), where he was recognized by the Sports Business Journal in its exclusive "Forty Under 40" list in 2012. McGowan spent 16 years with AEG, including a final assignment as Chief Operating Officer of AEG Sports, before becoming one of the NBA's youngest CEOs. Prior to ending his time with AEG Sports, McGowan was a part of a Stanley Cup Championship run for the L.A. Kings in the National Hockey League; an MLS Cup title for the L.A. Galaxy and played an important role in opening one of the country's most iconic sports and entertainment venues – Staples Center.

Retaining his current responsibilities as President and CEO of the Portland Trail Blazers and Rose Quarter, McGowan oversees the day-to-day operations of the Trail Blazers and Rose Quarter including arena operations, ticket sales and service, corporate partnerships, premium seating, analytics, marketing, corporate communications, broadcasting, social responsibility, digital, finance and human resources. Since joining the organization, the Trail Blazers and Rose Quarter have seen dramatic increases in all key revenue areas including ticket sales, sponsorship, retail, arena operations, and food and beverage.

In 2020, McGowan spearheaded the initiative to fight racial injustice and expand diversity, equity and inclusion efforts in the community. Under his guidance, the Trail Blazers launched the Racial Injustice Initiative, consisting of an organization-wide commitment to fight racism with the creation of the Racial Injustice Fund of the Trail Blazers Foundation. The Fund, seeded by $200,000 in donations from the company, employees, players and coaches and continually funded by donations from fans and partners, will support nonprofit organizations advocating for racial justice and police reform at the local and national level.

In 2013, McGowan led a business restructuring to self-operate the Moda Center, Veterans Memorial Coliseum and Rose Quarter campus. Through a significant partnership with Live Nation and event ticketing systems under Ticketmaster, McGowan has driven an unprecedented variety of events to the Rose Quarter, including Paul McCartney, Justin Timberlake, Elton John, Katy Perry, Garth Brooks, Taylor Swift, Bruno Mars, Billy Joel, the 2019 NCAA Women's Regional Basketball Tournament, the 2015 NCAA Men's Basketball Tournament, and PK80 Invitational – a groundbreaking college basketball tournament featuring 16 of the country's top teams in a double-bracket format honoring the 80th birthday of Nike co-founder Phil Knight in 2017.

In August 2013, McGowan and his team negotiated a community partnership with Moda Health that included naming rights to the Moda Center. Together, Moda and the Trail Blazers have energized Portland's hub for sports and entertainment, creating an urban showcase for healthy, active living. Chicago-based Performance Health joined the Trail Blazers and Moda's focus on active lifestyles with its Biofreeze product as the team's first-ever jersey patch branding sponsor beginning with the 2018-19 NBA season.

McGowan has piloted major venue and technological improvements to the Rose Quarter campus and Trail Blazers Practice Facility, including $16 million in capital improvements. This includes the refurbishment of 1,800 seats in the Kuni Lexus Club Level; renovation of 44 of the arena's private suites; construction of 24 theatre-style premium boxes called Studio Suites; opening of an exclusive "speakeasy-style" club called Oro Fino; the creation of a glass-enclosed bar on the arena's top level named The Pines and Dr. Jack's bar on the Rose Quarter campus.

He has taken advantage of Portland's thriving food culture by bringing local fare and some of the city's popular restaurants to Moda Center, including Killer Burger, Salt & Straw, Sizzle Pie, Daddy D's and Tamale Boy. In 2013, McGowan signed Levy as the Rose Quarter's food and beverage partner for award-winning culinary vision, hospitality and customer service. A new agreement with Levy subsidiary Rank + Rally also oversees the Trail Blazers retail store, Rip City Clothing Co.

Under McGowan's leadership, the organization's charitable giving has increased annually thanks to new funding sources, including proceeds from the Trail Blazers specialty license plates for Oregon vehicles. During the 2019-2020 season, the team's cash grants and donations exceeded $1.186M benefitting schools and nonprofits in Oregon and Southwest Washington.

Sports Business Journal recognized McGowan's accomplishments at AEG Sports by naming him to their exclusive "Forty Under 40" list in March 2012. In 2017, McGowan was honored as one of the "Business Executives of the Year" by the Portland Business Journal. McGowan volunteers as a board member of Doernbecher Children's Hospital Foundation; Oregon Sports Authority; and the Trail Blazers Foundation.

In 2017, McGowan's role expanded when he was named President of Vulcan Arts + Entertainment. In this role, he focused on driving a comprehensive strategy for development, sales, and marketing across a portfolio of consumer-facing entities, including h Club London, h Club LA, Cinerama and Seattle Art Fair. Vulcan Arts + Entertainment also advanced the activities of the Museum of Pop Culture (MoPOP), Flying Heritage & Combat Armor Museum, and Living Computers: Museum + Labs.

In 2018, McGowan was named to the additional role of CEO of Vulcan Sports & Entertainment, where his responsibilities expanded further into the professional sports franchises and entertainment properties in the Vulcan portfolio. McGowan manages a cross-functional executive team in both Portland and Seattle in leading these business operations.

McGowan earned his bachelor's degree in International Relations from the University of Delaware in 1996, where he was captain of the soccer team. Chris, his wife Susan, and their two sons, Ryan (18) and Kyle (16), reside in Southwest Portland.

CHUCK ARNOLD

PRESIDENT, SEAHAWKS AND FIRST & GOAL INC.

Named president of the Seattle Seahawks and First & Goal Inc. on September 24, 2018, Chuck Arnold is responsible for all financial and business operations, sales and marketing, and administration for the Seahawks. As president of First & Goal Inc., Arnold directs the management of Lumen Field, Lumen Field Event Center, and WAMU Theater. Arnold is in his 28th season with the organization and fourth as team president, after serving as the team's COO from 2013-18. In April 2021, the team announced his extension as president through 2027.

Under Arnold's leadership, the Seahawks brand continues to be one of the strongest in the NFL. The team has set franchise records for new season tickets sold, overall season ticket base, average attendance and group sales, including its current streak of 146 consecutive home game sellouts. The team has had a season ticket renewal rate of more than 97-percent on average over the past eight-plus years, as well as 12,000 members on the team's official Blue Pride season ticket wait list and close to 85,000 on the Blue Pride notification list.

The team consistently ranks in the NFL's top 10 in numerous categories, including local and national fanbase, fan experience, retail, and digital engagement. In 2020, nine Seahawks games were in the top-100 most-watched TV programs nationally, and the team ranked sixth in the NFL in local TV ratings.

Arnold's commitment to making an impact off the field continues to be one of the organization's top areas of focus. The club supports nearly 2,500 charities around the Pacific Northwest and beyond and uses its unique and powerful platform to support community programs around the region.

In light of COVID-19's impact on the community, Arnold led the Seahawks and FGI to support numerous COVID-related efforts including utilizing Lumen Field's vast stadium and event center space to host an army field hospital and blood donation center. The stadium's kitchens also made more than 120,000 emergency meals that were distributed throughout the Seattle area. In March 2021, Lumen Field opened the country's largest civilian-led vaccination site in partnership with the City of Seattle.

Lumen Field continues to be one of the toughest places for opposing teams to play and has one of the best in-stadium fan experiences in the NFL. Arnold's vision to create memorable experiences and cultivate genuine relationships with the 12s has led the team to consistently rank in the top-five in the NFL's Voice of the Fan Survey, including the No. 1 overall ranking in 2013 and 2016.

Arnold's passion to give back has led him to serve several organizations, including being a member of the Washington Chapter of the American Cancer Society's CEO's Against Cancer, Bellevue Club Swim Team Board, WSU Marketing Advisory Board, Boeing Classic Advisory Board, and a Host Co-Chair for One Love.

JOHN SCHNEIDER

EXECUTIVE VP/GENERAL MANAGER

John Schneider enters his 12th season as General Manager of the Seattle Seahawks, having been named to the position on January 19, 2010. Schneider added the distinction of Executive Vice President in 2013. In his role, he manages all aspects of the Seahawks roster and draft process while working collaboratively with Executive VP/Head Coach Pete Carroll in all facets of the football operations department. Schneider begins his 29th season working in the professional ranks.

Schneider's philosophy is one primarily focused on building through the draft while making strategic acquisitions via trade and free agency that foster a competitive culture through a mix of youthful playmakers and veteran leadership. He continues to build and maintain a younger roster that breeds a sustained winning atmosphere. The signs of that philosophy have been evident during the last decade-plus, advancing to the Divisional Playoffs or better seven times. He has constructed a team that appeared in back-to-back Super Bowls and won Super Bowl XLVIII, the first NFL title in franchise history. The 2013 championship was won with the youngest 53-man roster to ever win a Super Bowl. He was named Sports Illustrated's Executive of the Year for 2012 after the Seahawks made the playoffs and just missed playing for the NFC Championship.

Together with Carroll, the Seahawks have compiled the fourth-best record in the NFL since 2010 with a 112-63-1 mark. The club posted 10-plus wins in five-consecutive seasons (2012-16) for the first time in franchise history, including eight of the last nine seasons, and won five NFC West Division titles.

Schneider has continued to turn the roster over since 2010, totaling more than 2,600 transactions prior to the 2021 season, helping to cultivate depth on one of the NFL's most talented rosters.

He has shown a willingness and creativity to acquire extra draft picks and young talent via trade and free agency throughout the years. Presented with two of the top 14 picks in the 2010 NFL Draft, he was able to acquire what many considered the best tackle prospect in Pro Bowler Russell Okung and a starting free safety with the selection of three-time first-team All-Pro Earl Thomas.

He orchestrated 13 trades during his inaugural season as general manager and 11 trades each in 2017 and 2019 to build draft capital and add veteran leadership. His trades have netted game-changing veterans and young talent in Jamal Adams, Duane Brown, Chris Carson, Kam Chancellor, Chris Clemons, Jadeveon Clowney, Michael Dickson, Quandre Diggs, Carlos Dunlap II, Jimmy Graham, Percy Harvin, Bruce Irvin, Tyler Lockett, Marshawn Lynch, DK Metcalf, Jarran Reed, Richard Sherman, Golden Tate and Bobby Wagner.

Without a Pro Bowl selection on the roster from 2009-10, Schneider's roster has seen 25 different players selected from 2011-20: Russell Wilson (8), Wagner (7), Thomas (6), Chancellor (4), Lynch (4), Sherman (4), Michael Bennett (3), Doug Baldwin (2), Graham (2), Max Unger (2), Adams, Cliff Avril, Nick Bellore, Brown, Brandon Browner, Dickson, Diggs, Shaquill Griffin, Lockett, Metcalf, Okung, Tyler Ott, Michael Robinson, Leon Washington and K.J. Wright. His roster has also included 15 first-team All-Pro selections since 2012. All of these players, except Unger, were added via draft, trade and free agency after Schneider took over.

Before joining the Seahawks, Schneider produced eight successful seasons with the Green Bay Packers. Originally joining the Packers on March 1, 2002, as a personnel analyst to the general manager, he was promoted in May of 2008 to director of football operations. In his role, Schneider served as strategic counsel to General Manager Ted Thompson, addressing and evaluating the needs of the team in both free agency and in the draft while incorporating long-range planning processes that examined the Packers' roster, as well as the rosters of all NFL teams.

Before rejoining the Packers in 2002, he spent three seasons with the Kansas City Chiefs (1997-99), one year with the Seahawks (2000) and a year with the Washington Football Team (2001) as vice president of player personnel.

Schneider, a native of De Pere, Wis., first learned the tools of his trade with the Packers, beginning as an intern during the summer of 1992 under then-Executive Vice President/General Manager Ron Wolf. After graduating from the University of St. Thomas in St. Paul, Minn., Schneider returned to Green Bay, serving as pro personnel assistant for four years (1993-96) and played an integral role in the signing of several free agents who would help make up the team that won Super Bowl XXXI in New Orleans.

Schneider moved on to the Kansas City Chiefs in 1997 as director of pro personnel. It was in Kansas City that Schneider first worked with Marty Schottenheimer, whom he would later join in Washington. With the Chiefs, Schneider oversaw the scouting of all players with pro playing experience, including NFL Europa and the CFL, as well as the NFL. He also conducted advance scouting of all Kansas City opponents and was responsible for free agent acquisition.

In 2000, he subsequently signed on as director of player personnel for the Seahawks, joining Thompson and Mike Holmgren, with whom he had worked in Green Bay.

Schneider joined Schottenheimer in Washington in 2001 as vice president of player personnel, overseeing all aspects of the player personnel department, including college scouting, the college draft, pro scouting, free agency and day-to-day player personnel evaluations and operations. His duties included assembling and managing Washington's scouting staff, a process which involved the hiring of 15 personnel staff members and implementation of a new scouting system. In his role, Schneider advised Schottenheimer on all personnel matters.

In 2012, John and his wife Traci launched "Ben's Fund." Named after their oldest son, "Ben's Fund" provides grants to young adults and families in order to help cover costs associated with medical bills, therapies and numerous other aspects of supporting a child, or children, on the autism spectrum. With the support of team and community, they have partnered to raise more than $4.5 million for "Ben's Fund" in 10 years.

Schneider serves as the chair of the College Relations Committee, and is also on the GM Advisory Committee and the CEC Working Group. He also serves on the board of directors for InitiativeOne, a transformative leadership organization.

Schneider earned a degree in history and also studied education at St. Thomas, playing football for one year before a shoulder injury cut short his career.

Born on May 25, 1971, Schneider attended De Pere's Abbot Pennings High School and finished as one of the school's all-time leading rushers. He and Traci have two sons, Ben, 19, and Jack, 17.

SENIOR MANAGEMENT

ED GOINES

CHIEF LEGAL OFFICER

Ed Goines is entering his eighth season with the Seahawks in 2021, having recently added the title of Chief Legal Officer. As Chief Legal Officer, Goines administers the corporate legal affairs for the Seahawks and First & Goal Inc./Lumen Field and is responsible for managing the organization's government relations strategy and policies. Goines works closely with the organization's business partners and was instrumental in securing an agreement with Lumen Technologies for renaming the city's stadium to Lumen Field (formerly CenturyLink Field). During the worldwide COVID-19 pandemic, Goines worked with local, state and federal government leaders and public health officials across a range of significant projects, including transforming Lumen Field into a U.S. Army Corps of Engineers temporary medical facility, negotiating a state order permitting the safe return of player training, practice and spectator-less sporting events at Lumen Field, establishing protocols for the safe and orderly return-to-workplace for coaching and football operations staff, negotiating an agreement to transform Lumen Field Event Center into the largest civilian-operated vaccination site in the U.S., and establishing protocols for the safe and orderly return of spectators to Lumen Field. Prior to his work with the Seahawks, Goines was Assistant Chief Counsel for The Walt Disney Company. Before Disney, he served as General Counsel and Vice President of Business Affairs for the San Francisco 49ers. His work in the entertainment and sports fields also includes serving as in-house legal counsel for Major League Soccer, Ticketmaster, and Mattel. Goines began his law career as an associate in the Los Angeles office of Baker & Hostetler. A graduate of University of California, Berkeley, School of Law in 1992, he obtained a bachelor's degree from Stanford University in 1988. Goines was born and raised in Hot Springs, Arkansas.

CINDY KELLEY

CHIEF HUMAN RESOURCES OFFICER

Entering her 39th season with the club in 2021, Cindy Kelley was promoted to senior vice president in 2015. She served as vice president between 2011-2015, after spending 13 seasons as Director of Human Resources. She oversees this area for both the Seahawks and First & Goal, Inc. She began her career in 1983 in the finance department before managing the daily operation of the Kirkland office facility in the 1990s. Kelley is responsible for leading all human resources functions and developing strategies that meet the goals and objectives of the organization including: policies and procedures, talent and diversity recruiting strategies, workplace culture, benefits, compliance, training, compensation, labor relations, employee relations, performance management, safety, and strategic planning. She also oversees administration, corporate hospitality and security. Born in Wichita, Kan., she is a graduate of Interlake High in Bellevue and earned her degree in communications from Washington State University.

DAVE PEARSON

CHIEF COMMUNICATIONS OFFICER

Dave Pearson, in his 33rd NFL season and 24th with the Seahawks, was promoted to the team's senior management group in 2015. Originally joining the Seahawks as director of public relations in 1998, he added the day-to-day oversight of the team's broadcast department in 2004. He was promoted to vice president of communications and broadcasting on April 29, 2008. Pearson is responsible for managing the public image and overall communications strategy for the Seahawks while serving as the liaison for local and national media outlets and broadcast partners. He also oversees all radio broadcasts, preseason telecasts, team-produced radio and television shows, publications and content on the team's 70-plus digital platforms. As chief communications officer, he also assumes various responsibilities revolving around game day operations at Lumen Field. Under his direction, Seattle's communications department has been nominated by the Pro Football Writers of America for the coveted Pete Rozelle Award six times and won the award in 2007. The Seahawks' broadcasting and digital content teams have won more than 10 Northwest Region Emmy Awards. After beginning his career in 1989 as an intern in the Seahawks public relations department, the Tacoma, Wash., native worked for the Houston Oilers two seasons (1990-91). From 1992-93 he was the assistant PR director for the Los Angeles Rams before returning to Houston as PR director prior to the 1994 season where he would help manage the team's transition to Tennessee. Pearson earned a degree in media relations and interpersonal communications from Pacific Lutheran University. He and his wife, Beth, have two children, Allie and Chase, and reside in Kirkland.

KAREN SPENCER

CHIEF FINANCIAL OFFICER

Karen Spencer is responsible for the financial oversight of the Seahawks and First & Goal Inc. She is charged with establishing budgets, forecasting and managing cash flow. She also oversees the teams' financial reporting, analytics and technology departments. Spencer represents the club at NFL owners meetings alongside President Chuck Arnold. She also serves as treasurer on the Seattle Seahawks Charitable Foundation and the Seattle Seahawks Women's Association. Spencer originally joined the Seahawks in 1991 as a staff accountant and was promoted to her current position in May 2009. In 1990, Spencer was loaned to the Seahawks from the public accounting firm Arthur Andersen & Company to assist in the Seahawks accounting department before being hired full time the following year. Promoted to controller in 1997, Spencer was promoted to Finance Director of the Seahawks in 2003 and added the same responsibility for First & Goal Inc., in 2005. She was selected to attend the Inaugural Stanford Executive Education NFL Program for Managers in 2003. In 2015, Spencer was named one of Sports Business Journal's Game

Changers, women who are recognized for making their mark in the Sports Industry. In 2018 Spencer was recognized as one of the Puget Sound Business Journal's CFOs of the Year. She is a member of the Seattle University's Master in Sport Business Leadership Advisory Board as well as the NFL's Club Technology Advisory Board. Spencer grew up in the North Seattle area before moving overseas where she lived in Tehran, Iran, from 1974-78. She returned to the states and graduated from Seattle's Nathan Hale High School at the age of 16 and went on to earn a B.A. in Accounting from Seattle University. She lives in Maple Valley, Wash., along the Cedar River with her husband Phil, and their dogs.

AMY SPRANGERS

CHIEF REVENUE OFFICER

Entering her 21st season with the club, Amy Sprangers serves as the Seahawks Chief Revenue Officer. In her role, Amy leads revenue generation across sponsorship, ticketing, suites, and local media rights. She leads passionate, high performing, revenue-driven teams that cultivate authentic, innovative, impactful partnerships and measurably grow both the Seahawks' business and that of its partners. Amy joined the Seahawks organization in 2001 as a Director of Corporate Partnerships, where she was part of the management team that opened Lumen Field. In 2004, she was promoted to Managing Director of Suite Sales & Service where she led an expansion of premium suite inventory, adding a total of 40 new suite locations. She was named Vice President of Corporate Partnerships & Suites in 2014, and led a team that set franchise records for full season suites sold, ranking 12th in the NFL in suite revenue despite being 25th in inventory.

In 2018, Amy was promoted to Senior Vice President of Revenue, adding season tickets to her management responsibilities and now overseeing a team that enters the 2021 season with 146 consecutive sellouts and a 97-percent season ticket renewal rate on average over the past eight-plus years. Her teams have driven impressive revenue growth, including 41% and 72% increases for corporate partnerships and suites, respectively. Additionally, her teams have cultivated activation strategies that have resulted in steady increases in brand engagements for the team's corporate partners each year. Notably, Amy led the naming rights extension negotiation for CenturyLink Field in 2017 and later the 2020 rebrand to Lumen Field, one of the top three busiest stadiums in the NFL, typically hosting more than 300 event days and over 2.4 million visitors annually.

Amy is actively involved in the sports business landscape and frequently speaks on the topic of women in leadership. In 2021 she participated in a National Women's History Month panel for the Seattle chapter of Women in Sports & Events (WISE), where she spoke about her career in sports. In 2019, she was featured by the YWCA as a part of their “Washington Women Who Dare” series, where she highlighted the importance of championing leaders, representation at all levels, and her vision for women and girls in Washington. Amy also moderated soccer star Abby Wambach's 2019 book tour stop in Seattle, where they spoke about inspiring women to unleash their full potential. In May 2019, she was recognized by the American Lung Association and Seattle Mother's Council with an "Outstanding Mother Award," which honors working mothers who balance high-profile careers with work in the community. In September 2019, Amy was named to Sports Business Journal's Game Changers list, which recognizes women in senior leadership roles across sports for their success and accomplishments within the industry.

A Seattle native, Amy is a graduate of the University of Washington with a degree in speech communications. Amy and her husband, Todd, live in Seattle with their four children, sons Peyton and Jake, and twin girls, Sydney and Sloane.

DAVID YOUNG

CHIEF OPERATING OFFICER

David Young enters his 18th NFL season and 13th overall with the Seahawks in 2021. As Chief Operating Officer for the Seahawks, Young is responsible for the leadership of several lines of business including Marketing, Retail Operations, Game Presentation, Community Engagement, First & Goal Inc. and First & Goal Hospitality.

The Seahawks brand continues to be among the strongest in professional sports and Young oversees a marketing team that is responsible for growing and evolving the Seahawks brand both locally and nationally. The Seahawks rank seventh in the NFL in total fanbase, with 7.4 million fans nationally, and fourth in the league in local fanbase with 3.4 million fans in the state of Washington.

Continually enhancing the guest experience has also been a focus for Young throughout his career. Young guided the development and implementation of First & Goal Hospitality (FGH) which launched in March 2017, and oversees all food and beverage service at Lumen Field. In 2018, FGH scored the highest ever rating for F&B at Lumen Field in the annual NFL Voice of the Fan Survey. Under Young's leadership food and beverage options have been greatly expanded throughout the stadium with the introduction of innovative grab & go locations and the Stadium Street Market featuring a rotating menu of unique items from Seattle chef and food truck participants.

Already one of the busiest event venues in the nation, the variety and number of events have also grown in each year at Lumen Field and Event Center during Young's tenure, including a threefold increase in concerts held each year in the Washington Music Theater. In total, the Lumen Field event complex manages more than 300 event days and 2.4 million attendees annually. Lumen Field has also continued to set high standards for sustainability becoming the first Smart Catch certified stadium and maintaining an average waste diversion rate greater than 96% over the last several years. Lumen Field has earned a variety of recognition, including "Seattle Business Magazine Community Impact Award for Sustainability" in 2019 and "Environment Protection Agency Very Large Business Partner of the Year Award" 2020.

In light of COVID-19's impact on the community, Young led the stadium's efforts to support numerous community programs in 2020 including utilizing the vast stadium and event center space to host an army field hospital, blood donation center, and make more than 120,000 emergency meals that were distributed throughout the Seattle area. He also oversaw the stadium's partnership with King County Elections to host a voter resource center, as well as the opening of the country's largest civilian-led COVID-19 community vaccination site at the Lumen Field Event Center in partnership with the City of Seattle, which opened in March 2021.

Young rejoined the organization after working as the Vice President of Stadium Operations with the Kansas City Chiefs from 2010-14. Prior to his time with the Chiefs, he spent six years with the Seattle Seahawks and First & Goal Inc. (2004-10) as the Assistant General Manager and Director of Guest Services. Young began his career at the Walt Disney World Resort in Florida as an Operations Manager. The Woodland, Wash. native earned a degree in communications from the University of Washington. He and his wife, Ali, live in Snoqualmie, Wash. with their children, Ella and Owen.

SARITA CARTER

VP/HUMAN RESOURCES

Sarita Carter is entering her 33rd season with the Seattle Seahawks in 2021. She was promoted to Vice President of Human Resources in May 2021 after spending 19 seasons in the Human Resources department. Her career started in 1988 as the Front Desk Receptionist and later worked in Community Relations prior to joining the Human Resources department where she has been the Managing Director since 2016. She is responsible for the day-to-day human resources functions for the Seahawks and First & Goal Inc. including; employee relations & engagement, benefits administration, performance management, recruiting & onboarding, HRIS, compliance, training, policies and strategic planning. She also oversees the hospitality department and office administrative staff. Sarita serves on the Seattle Leadership Council for UNCF. Born in Seattle, Wash., she is a graduate of Cleveland High in Seattle and earned her degree in Business Administration from Central Washington University. She and her husband Bryan reside in Federal Way, Wash. and have two sons, Bryan Jr. (BJ) and Isaiah, and daughter Deneya.

ALEN CISIJA

VP/GENERAL COUNSEL

Alen Cisija (he/him) joined the Seahawks in 2018 and is a trusted advisor to the Seahawks and Lumen Field personnel and senior leadership. He counsels clients on a variety of transactions and oversees litigation and organizational compliance with NFL rules and regulations. Most recently, Alen helped lead the efforts that transformed the Lumen Field Event Center into a temporary hospital and mass vaccination site in response to the COVID-19 pandemic. Prior to the Seahawks, Alen was an associate at Covington & Burling in Washington, DC, where he represented the NFL in litigating player grievances and several leading video game publishers in esports transactions. Before Covington, Alen worked at the NFL Management Council in New York. Alen is a graduate of the University of Michigan Law School and Oberlin College. In his free time, he enjoys skiing, playing soccer, and exploring the Pacific Northwest. He serves as a Special Advisor to the Washington State Football Coalition. He resides in Seattle with his fiancée, Carly. Alen was born and raised in Sarajevo, Bosnia and Herzegovina.

JEFF DUNN

VP/BUSINESS STRATEGY & ANALYTICS

Jeff Dunn joined the Seahawks in 2013 and was promoted to Vice President of Business Strategy & Analytics in June 2014. In this role, he provides strategic and analytical support to each department of the Seahawks business operations. He also leads special strategic initiatives including major stadium capital projects. Dunn serves on the Board of Trustees of Alex's Army Childhood Cancer Foundation and the PNW Regional Advisory Board of the One Love Foundation. Dunn is the former Chairman of the Make-A-Wish Alaska & Washington Board of Trustees and served on the Board of Directors of the Portland Trail Blazers from 2011-2018. Prior to joining the Seahawks, Dunn worked in the private equity investment group of Vulcan Capital for nine years. After graduating from the McIntire School of Commerce at the University of Virginia in 2001, he started his career as an investment banking analyst with Greenhill & Co. in New York City. He resides in Mercer Island with his wife, Dawn, and two children, Emily and Luke.

MIKE FLOOD

VP/COMMUNITY OUTREACH

Mike Flood joined the Seahawks on July 1, 1997. He helped spearhead the statewide campaign that resulted in the passage of Referendum 48 to build the new football/soccer stadium and exhibition center. A Seattle native, Mike received a B.A. in Industrial Education from Washington State University and a Master's Degree in Education from the University of North Carolina. He owned and operated an agricultural flying service in Fort Scott, Kansas, and served as a pilot in the Coast Guard flying C130s, Dassault Falcon jets, and H60 Jayhawk helicopters. He also managed Search and Rescue Operations, Public Relations, Finance and Administration. Flood retired as a Commander in 1996 after 20 years in the service. He serves on the boards of the King County Municipal League, Camp Patriot, and the Washington State Leadership Board. Mike has been awarded the Outstanding Service to Veterans from the Washington Department of Veterans Affairs, Person of the Year from the United Negro College Fund, and "I Care About Kids" award from Mentoring Works Washington.

PETER FONFARA

VP/FINANCE

Fonfara is entering his 10th season with the Seahawks after initially joining the team in 2012 as Director of Finance. Most recently he was Managing Director of Finance before being promoted to Vice President of Finance in May 2021. In his role, Fonfara oversees the Seahawks and First & Goal Inc. finance teams and manages the team's financial and accounting policies, systems and processes, treasury management, and ongoing financial modeling and budgeting of Football Northwest LLC and First & Goal Inc. He is also responsible for ensuring operational efficiency as well as providing accurate and reliable financial information for the team's ownership, senior management, the National Football League, and the Public Stadium Authority. Prior to the Seahawks, he worked as an auditor for Deloitte. He currently serves on the board for Big Brothers Big Sisters of Puget Sound and the Downtown Seattle Association. A graduate of Gonzaga University, he lives in Mercer Island, Wash. with his wife Margot.

ZACH HENSLEY

VP/OPERATIONS & GENERAL MANAGER OF LUMEN FIELD

Zach Hensley originally joined the Seahawks family in 2015 as Managing Director of Guest Experience at Lumen Field. He was promoted to Vice President of Operations and General Manager of Lumen Field in 2021. In his position, Hensley oversees and directs all event bookings and all front and back of house operations including event sales and business development, ticket operations, traffic, parking, security, guest services, facility operations, project development, housekeeping, sustainability, labor analytics, field operations, conversion, and event operations for Lumen Field, Lumen Field Event Center, and WAMU Theater. Hensley has more than 20 years of experience in stadium operations, hospitality, and customer service. Prior to joining the Seahawks, Hensley was involved in project management, planning, concept design, food service design and while managing multiple facilities throughout his career including Levi's Stadium and the KFC Yum Center in 2010. During his career, he has provided operational guidance for the Seahawks, Seattle Sounders FC, San Francisco 49ers, Kansas City Chiefs, Kansas City Royals, the University of Louisville, Super Bowls, NHL All Star Games, NCAA Football Championships, WrestleMania, NHL Stadium Series and NCAA Final Four Championships. He resides in Bellevue with his wife, Valerie, and two children, Emma and Chase.

MAURICE KELLY

VP/PLAYER ENGAGEMENT

Maurice Kelly enters his sixth season with the team. In his role, Kelly is responsible for providing club personnel, players and families with programs that foster personal and professional growth while serving as a conduit between players and management. Kelly has been responsible for developing programs designed to assist players in making a smooth transition into and out of professional football in such areas as financial education, career internship programs, continuing education, community outreach initiatives, player insurance/benefit management and relocation. Kelly originally joined the Seahawks administrative team in 2005 as director of player development and was later promoted to senior director in 2012. A former player, he played two seasons in the NFL, both with the Seahawks from 2000-01. He played in 24 games with three starts as a safety. Before joining the NFL, Kelly was a standout safety in the CFL as a three-time all-star (1997-99), including All-CFL in 1999. He and his wife, Dionne, have one son, Miles.

CHRIS LAWRENCE

VP/TICKET SALES & SERVICE

Chris Lawrence is in his 23rd season with the organization and third as Vice President for Ticketing Sales & Service, which encompasses sales and operations of suites, ticketing, and premium seating products. Starting with the Seahawks as a Ticket Sales Representative then as the Customer Relationship Manager overseeing season ticket renewals, customer service initiatives and ticket holder engagement, Lawrence has played a key role in building and expanding the team's ticketing services. During his 10th season, Lawrence was promoted to Director of Ticket Sales & Service where he was responsible for managing all general and Club ticket sales initiatives and customer service campaigns while adding oversight of ticket operations to his responsibilities. Lawrence also contributed to the launch of Sounders FC Major League Soccer franchise, managing the ticketing efforts that led to 22,000 season tickets being sold in the club's inaugural season (2009), and setting MLS and Open Cup sales and attendance records from 2009-2013. In 2013, Lawrence was named Ticket Executive of the Year by Major League Soccer for his outstanding efforts and contributions. During Lawrence's tenure with the organization, the Seahawks have set franchise records for new season tickets sold, overall season ticket base, average attendance, and group sales. The Seahawks have averaged more than 97 percent in season ticket renewals over the last eight seasons. Entering the 2021 season, the team has sold out 146 consecutive games, has 12,000 members on the team's Blue Pride season ticket wait list and close to 85,000 fans on the Blue Pride notification list. Lawrence is a graduate of College of Communication at Washington State University and holds a degree in Public Relations. He resides in University Place with his wife Amy and two children, Emma and Ainsley.

JEFF RICHARDS

VP/MARKETING & COMMUNITY ENGAGEMENT

Jeff Richards begins his sixth season as a member of the Seahawks senior management team, serving in the role of Vice President of Marketing & Community Engagement. Richards is responsible for growing, evolving and communicating the Seahawks family of brands, as well as leading the team's community engagement efforts and youth and high school football programs. Through data-driven fan and community engagement strategies, Richards leads cross-organizational groups to help internal and external partners connect with the NFL's sixth largest fan base (via 2020 ESPN Sports Poll).

His oversight in the area of fan engagement includes marketing, design, gameday entertainment, digital and social media, video production and fan engagement. The Seahawks brand continues to grow in strength, diversity and numbers, holding a top-five NFL ranking in BrandIndex, national and international size, total social media audience and engagement, digital traffic, broadcast ratings and percent youth and female fans. Richards has also helped shape and lead one of the most exciting, entertaining and loud gameday fan experiences in North American sports. Seahawks gamedays at Lumen Field have become a bucket list sports experience for fans across the globe, thanks in large part to the passion of the 12s.

The Seahawks community impact is felt from Seattle to Spokane, Portland to Anchorage and across the country, and has community ambassadors in regions across the globe doing good work in the name of the team. The Seahawks focus the majority of community impact efforts in five key areas – Youth Empowerment, Social Justice, the PNW Military Community, the Future of Football and supporting the charitable work done by the team's players, coaches and Legends community. In 2020, over $1M was donated by the Seahawks organization and its players to a wide variety of Pacific Northwest causes like the Black Future Co-Op Fund, All In WA's Digital Equity Initiative, Creative Justice, InvestED, Minority Veterans of America, King County Boys & Girls Clubs and more.

Before joining the Seahawks and Sounders FC as director of marketing in 2011, Richards served as marketing manager for the Seattle Mariners and began his career at his alma mater of Seattle Pacific University as director of promotions and game day programming before working as a ticket office assistant in the athletics department at the University of Washington. After graduating with a Bachelor of Arts in Psychology, while minoring in Business Administration, he earned a Master of Sports Administration degree from Seattle Pacific.

Richards and his wife, Stephanie, live in Issaquah with their two children, Bennett and Blakely. Richards serves on the Board of Commissioners for the Seattle Sports Commission and is on the Board of Directors for InvestED, a Washington state non-profit that provides funding to more than 660 secondary schools, helping students pay for everything from ASB cards and college application fees to access to technology for learning, athletic shoes, winter coats and more.

CHIP SUTTLES

VP/TECHNOLOGY

Chip Suttles is entering his tenth season with the Seahawks as Vice President of Technology. He is the voice in guiding the values and mission related to the technology needs of the Seahawks and First & Goal Inc. He is responsible for aligning cutting edge technology with the overall business strategy of the organization -- by modernizing technology, his team aims to enhance the performance of the organization, improve the customer/fan experience, and drive increased revenue. His areas of focus include maintaining and optimizing the IT infrastructure, investing in the modernization of stadium technology, supporting player performance analytics, and enhancing the organizations' mobile phone applications. Suttles joined the Seahawks after working for the Vancouver Canucks as Director of Technology in 2010-2011. Prior to his two seasons with the Canucks, Suttles worked as the Director of Broadcast Integration for the Vancouver Organizing Committee for the 2010 Olympic and Paralympic Winter Games (VANOC). Working with VANOC marked Suttles' fourth time participating in the Olympic Games. He had previously served in various technology roles in support of the Olympic Games in Torino, Salt Lake City, and Atlanta. Suttles and his wife, Lauren, have two sons and a daughter. Suttles was the recipient of a 2020 Seattle CIO of the Year ORBIE Award for executive technology leadership. He enjoys participating in a variety of recreational sports and actively supports his community's local youth football organization, which he helped co-found in 2015.

KAREN WILKINS-MICKEY

VP/DIVERSITY, EQUITY & INCLUSION

Karen Wilkins-Mickey (she/her) joined the Seahawks in January 2021 and brings over 20 years of DEI leadership experience to the team. In her role, Karen leads the Seahawks' overall DEI strategy, and acts as a liaison for the team, its senior management group, players and the community to drive strategic DEI initiatives and programs. She also oversees the team's internal DEI Council, represents the team for NFL social justice initiatives, and acts as an internal consultant to department leaders across the team's football and business operations to ensure diversity, equity and inclusion are part of the decision-making process throughout the organization. Prior to the Seahawks, Karen was Director of Diversity & Inclusion for Alaska Airlines, and has previously held diversity and inclusion leadership roles within Expedia Group and Microsoft. She recently completed the first

McKinsey Black Executive Leadership Program and is a founding member of the DEI Community of Practice, which is a growing network of professionals committed to establishing and enhancing diversity, equity and inclusion practices within Seattle-area organizations. She was recently appointed to the Leadership Council for UNCF, which supports a goal of providing every local minority student with the funds they need to support their college education. She was honored in 2018 by the Seattle Mariners as part of African American Heritage Day, where she was recognized for her contributions to the Northwest community. She is also a Certified Diversity Recruiter. A native of New York City, Karen has Bachelor's Degree in Communications from California State University Chico. She lives in Bothell, Wash. with her husband Korey and two teenage children, Kyra and Kaden.

LISA YOUNG

VP/CORPORATE PARTNERSHIPS

Lisa Young joined the Seahawks in 2005 and has since worked her way up through the organization's partnerships department over the years, including her most recent role as Managing Director of Corporate Partnerships. She was promoted to Vice President of Corporate Partnerships in May 2021. In her role, Young oversees all business operations for the team's Corporate Partnerships group, including all departmental sales, as well as activation strategy and execution. Prior to the Seahawks, she started her career in advertising at a boutique firm in San Diego. A graduate of Washington State University, Young lives in Woodinville, Wash. with her husband Jeremy and two children, Caroline and Harrison.

FOOTBALL OPERATIONS

TRENT KIRCHNER

VP/PLAYER PERSONNEL

Trent Kirchner begins his second season as VP/Player Personnel, following five seasons (2015-19) as co-director of player personnel and two seasons as the Seahawks pro personnel director (2013-14). With the departure of Scott Fitterer to the Carolina Panthers, Kirchner directs both the college scouting and pro personnel departments to manage and strengthen all aspects of the Seahawks roster. In his previous role as pro personnel director, he oversaw NFL free agency, the advance scouting of Seahawks' upcoming opponents, evaluation of NFL practice squads, as well as the scouting of all professional leagues including the Canadian Football League and the Arena Football Leagues. During the season, he coordinated free agent tryouts, monitored NFL transactions and assisted in the recruiting and signing of all free agent players. Since the 2010 season, Kirchner and the pro scouting staff have made more than 2,600 player transactions to help maintain one of the most competitive rosters in the NFL. He originally joined the Seahawks as assistant director of pro personnel on February 5, 2010. Before joining Seattle, Kirchner played an important role in helping turn the Panthers around from a 1-15 record to Super Bowl XXXVIII participants in just two years through key free agent acquisitions such as Jake Delhomme and Stephen Davis. Kirchner spent eight seasons in Carolina as a pro scout where they had one Super Bowl appearance, two conference championship appearances and won two division titles. Before his time with the Panthers, he spent one year as the college scouting coordinator for the Washington Football Team. During his senior year in college (spring of 2000) he volunteered with the Kansas City Chiefs at the NFL Scouting Combine in Indianapolis. From there, he joined the Seahawks as an intern splitting time between the public relations and college scouting departments. He also interned with the Minnesota Twins in 1999. A native of Minnesota, he graduated with a degree in business management from St. John's (Minn.) University, where he played quarterback for two years. Kirchner and his wife, Jessica, have two sons, Carter and Landon.

ALONZO HIGHSMITH

SENIOR EXECUTIVE ADVISOR TO THE GENERAL MANAGER

Alonzo Highsmith joined the Seahawks as personnel executive on June 12, 2020, and enters 2021 as the senior executive advisor to general manager John Schneider. Highsmith served as vice president of personnel for the Cleveland Browns from 2018-19. Prior to joining the Browns, he spent 19 seasons in the Green Bay Packers player personnel department following a six-year playing career in the NFL. Highsmith joined the Packers as a college scout in 1999 and spent 13 years on the college scouting staff. He was promoted to senior personnel executive in 2012 and remained in that role through the 2017 season. During his time in Green Bay, the Packers earned 13 trips to the playoffs, nine NFC North division titles and a victory in Super Bowl XLV. From 1999-17, Green Bay won 304 games, fourth-most in the NFL during that span. The Packers also ranked second in the NFL with an average of 25.3 points per game from 1999-17. As a running back, Highsmith was the third overall pick by the Houston Oilers in the 1987 draft. He spent his first three seasons (1987-89) with Houston, starting 40 consecutive games, before being traded to Dallas. He spent a year and a half (1990-91) with the Cowboys before finishing his career with Tampa Bay (1991-92). He retired after the 1992 season following a series of knee injuries. He appeared in 65 regular season games and rushed for 1,195 yards on 283 carries with seven touchdowns. He added 42 receptions for 428 yards and three touchdowns. Following his NFL playing career, Highsmith spent four years as a professional heavyweight boxer. He compiled a 27-1-1 career record. A four-year letterman at the University of Miami, Highsmith helped the Hurricanes capture the 1983 national championship. He led the team in rushing his sophomore and senior seasons and earned a degree in business administration. Highsmith is married to his wife, Denise, and has five children, Alonzo, A.J., Jordan, Jasmine and Brandon.

MATT BERRY

DIRECTOR OF COLLEGE SCOUTING

Matt Berry begins his 14th season with Seattle and seventh as director of college scouting in 2021. In his role, he coordinates the Seahawks' entire college scouting operation and compiles all of the information required to set the draft board. He is responsible for the evaluation of all draft eligible players nationally, oversight of the Seahawks college scouting staff and works closely with GM John Schneider and the Seahawks coaching staff regarding the NFL Draft and college free agency. After serving 2014 as a national scout, he served the previous six seasons (2008-13) as a regional scout combing the southwestern states in search of talent. Berry spent five seasons with the Atlanta Falcons before joining Seattle and served his final three seasons as the Falcons' south-central scout. A native of Nashville, Tenn., he holds a bachelor of arts degree in history from Davidson College (N.C.), where he played both baseball and football. Berry was a four-year starter on a Wildcat football team that had the most successful run in school history, including a 17-game winning streak. He is married to professional runner and triathlete, Desiree. They have three children and live in the Seattle area.

NOLAN TEASLEY

DIRECTOR OF PRO PERSONNEL

Nolan Teasley begins his fourth season as director of pro personnel in 2021 after spending 2017 as assistant director of pro personnel and 2014-16 as a pro personnel scout with the Seahawks. He originally joined the Seahawks in 2013 as an intern in the team's scouting department. In his role, Teasley is involved in the club's NFL draft process throughout and provides input and analysis on draft weekend. He also helps direct a department that evaluates talent from NFL rosters and practice squads, along with talent from other football leagues including the CFL. He and the pro scouting staff are integral in the team's strategy for attacking unrestricted free agency, the undrafted free agent process following the NFL Draft and year-round trade analysis. Among his other duties, he scouts future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Teasley worked in corporate marketing for six years. A 2007 graduate from Central Washington University with a degree in public relations, he was a running back on the Wildcats football team. Originally hailing from Ellensburg, Wash., Teasley and his wife, Morgan, live in Gig Harbor with their three sons, Cruz, Jax and Jude.

AARON HINELINE

ASSISTANT DIRECTOR OF COLLEGE SCOUTING

Aaron Hineline enters his 16th season with the Seahawks, 12th as a college scout, and second as the assistant director of college scouting. He is responsible for the evaluation of all draft eligible players in the Southeast region, along with assisting in the Southwest. While serving in the pro personnel department in his first four years with the team, Hineline helped provide weekly advances for upcoming opponents as well as assisting in the evaluation and writing of player reports on potential talent in free agency, the Canadian Football League and the Arena Football League. He performed administrative duties for the director of pro personnel, helped coordinate free agent tryouts, and worked on various projects for the vice president of player personnel and head coach. Hineline lettered in football, track, and wrestling at Woodinville (Wash.) High School. He earned his Bachelor's Degree in Exercise Science from Central Washington University where he was a four-year starter at fullback. He became a graduate assistant at Central for one season, where he coached the running backs and implemented their strength and conditioning program before joining the Seahawks in 2006. He is married to Gentrie and they have two daughters, Peyton and Harper, and a son, Grady.

WILLIE SCHNEIDER

ASSISTANT DIRECTOR OF PRO PERSONNEL

Willie Schneider joined the Seahawks scouting department in 2017 as a pro personnel scout after originally joining the team as a scouting intern in 2014. He was promoted to assistant director of pro personnel in 2019. In his role, he assists in the scouting of future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Schneider worked at ETS Elite Sports Performance in St. Paul as a performance specialist. A graduate from the University of St. Thomas (Minn.) with a Business Leadership and Management degree, Schneider was a four-year starter at fullback and played in the 2012 NCAA Division III National Championship game. Originally from St. Paul, Minn., he is married to Hillary and they live in West Seattle.

STEVE HUTCHINSON

FOOTBALL CONSULTANT

Steve Hutchinson serves as a football consultant for the Seahawks working alongside both the college and pro personnel departments in talent evaluation. A former first-round draft choice by the Seahawks in 2001, Hutchinson spent 12 seasons in the NFL playing for Seattle (2001-05), Minnesota (2006-11) and Tennessee (2012). He was elected to the Pro Football Hall of Fame in 2020, earned seven-straight Pro Bowl berths (2004-2010) and was a first-team All-Pro selection five times (2003, 2005, 2007-09). He was named All-NFC six times (2003-07, 2009) and is a member of the NFL's All-Decade Team of the 2000s. He was a four-year letterman at Michigan and two-time captain. Became the second player in Michigan history to garner first team All-Big Ten Conference honors four times. Named first team All-American following his junior and senior seasons, and earned freshman All-American accolades in 1997. Married to Landyn, they have a daughter Lily, and son Luke.

JASON BARNES

PERSONNEL EXECUTIVE

Jason Barnes enters his 16th season with the Seahawks in 2021, and 13th working with the college scouting department after working with pro scouting the first three years. In the pro department, Barnes helped scout future Seahawks' opponents and assess talent in all professional leagues including the NFL, the Canadian Football League and the Arena Football League. He lined up at wide receiver four seasons (2000-04) at Ball State University where he received a B.A. in criminal justice. A Fort Wayne, Ind., native, he attended Southside High School where he was a four-year starter in football and three-year starter in basketball. Earned all-state honors following his senior season as a cornerback, and was selected to play in the Indiana North South All-State All-Star Game. Was also all-conference in basketball. Is married to Kristin, and has two sons Chase and Christopher and three daughters Jordyn, Jayah and Jenae.

TODD BRUNNER

AREA SCOUT (NORTHEAST)

Todd Brunner joined the Seahawks as an area scout in 2012 and covers the northeast region. He served the same role with the San Francisco 49ers from 2001-11. Prior to joining the 49ers, he spent two seasons as an area scout with the Cleveland Browns, where he combed the Northeast region in 1999-2000 for college talent. Brunner joined the Browns from the Philadelphia Eagles where he spent four seasons (1994-97) as an area scout covering the Northeast. He joined the Eagles as a scouting intern in 1992 and worked as a scouting assistant in 1993. Brunner attended Lehigh (Pa.) University and lettered two years in football. As a junior, he led the team in special teams tackles, and as a senior quarterback, tied or broke 14 school passing records. Following his football career at Lehigh, Brunner spent one season as a graduate assistant at Temple, in 1991, and earned his master's degree. He comes from a football family as his father John coached at Temple, Villanova, Princeton and in the NFL ranks with Detroit, Green Bay, Tampa Bay and Minnesota, before scouting for the 49ers for 12 seasons. Brother, Scott, spent time in the NFL with the N.Y. Giants. Born in Middletown, N.Y., he attended Lawrence (N.J.) High School and was inducted into their High School Athletics Hall of Fame in 2012. He and his wife, Nancy, reside in Robbinsville, N.J., with their daughter, Annie Elizabeth, and son, Chad Joseph.

RYAN FLORENCE

AREA SCOUT (SOUTHWEST)

Ryan Florence enters his eighth season with the Seahawks. He begins his first season as an area scout in 2021 after previously serving as an NFS Scout covering the Mid-Atlantic Region. Originally joining the Seahawks as an intern in 2014, he was promoted to a National Football Scouting (NFS) role in 2017. Florence spent the 2014-16 seasons as a scouting and player personnel assistant with Seattle where he helped with advance opponent scouting, free agent and practice squad evaluations in the NFL and CFL. Prior to the Seahawks, Florence was a recruiting graduate assistant helping Gary Pinkel's Missouri coaching staff to develop and implement the Tigers' recruiting plans along with scouting evaluations, video preparation and recruiting operations. Florence helped Mizzou post a program-record 12 wins and claim both the SEC East title and a Cotton Bowl victory en route to a No. 5 final AP ranking in 2013. He earned a B.A. in Organizational Communication from William Jewell College in Liberty, Mo., where he was a three-year starter at cornerback. He went on to earn an M.S. in Administrative Studies and Sports Management from Missouri State and added a M.Ed. in Educational and Counseling Psychology from the University of Missouri. Originally from Columbia, Mo., Florence and his wife, Jacqueline, live in the greater Kansas City area with their two sons, Kohen and Kyle.

JOSH GRAFF

AREA SCOUT (WEST)

Josh Graff enters his ninth full-time season with the Seahawks, 11th overall. He begins his fifth season as an area scout in 2021 after previously serving four years as an insert scout for National Football Scout¬ing covering the Mid-Atlantic Region for NFS. Graff spent the 2011-12 seasons as a scouting and personnel intern with Seattle where he helped coordinate player tryouts, monitor the waiver wire, advance weekly opponents, free agent and practice squad evaluations in the NFL and CFL. Graff originally began his career with Seattle as an intern in the team's equipment room in 2010. Before joining the Seahawks, he worked in 2009 as an intern in the Miami Dolphins equipment room. A local multi-sport talent from Mill Creek, Wash., he was part of an Archbishop Murphy High School football program that won 39-consecutive games and captured state titles in baseball and soccer. Graff graduated with a degree in Human Resource Management from the University of Idaho. He resides in Denver, Colo.

KIRK PARRISH

PERSONNEL COORDINATOR/MIDLANDS SCOUT

Kirk Parrish enters his 23rd year with the Seahawks. He is responsible for maintaining the day-to-day operations of the scouting department, including organizing all college prospect information (scouting database/player reports/draft boards), managing university relations, and serving as the liaison between the front office and on-the-road scouting staff. He is also the club contact for the NFL Combine and collegiate All-Star Games. As a scout, he covers Iowa, Minnesota, Montana, Nebraska, North Dakota, South Dakota, and Wisconsin – and evaluates other draft-eligible players in the Pacific Northwest. Prior to joining the Seahawks, Parrish was the administrative assistant/football operations at Texas A&M University from 1997-99. During that time, the Aggies won the Big XII Conference championship and played in the Sugar Bowl and Cotton Bowl. Parrish coached tight ends and quarterbacks at the University of San Diego from 1995-96. Prior to USD, he was a football graduate assistant at Washington State University from 1992-94, where he earned a Ph.D. in educational administration in 2003, and a Master's Degree in athletic administration in 1993. His research focused on the career paths of NCAA Division I-A (FBS) athletic directors. Parrish earned his BA in education from Central Washington University where he was a quarterback for the Wildcat football program. His father, Jerry Parrish, is a member of the Seahawks' High School Coaches Mentorship Academy, Washington State Football Coaches Hall of Fame (North Kitsap H.S.), and Pacific Northwest Football Hall of Fame. He and his wife, Carol, reside in Bothell, Wash. They have a daughter, Jill, and a son, Jay.

D.J. HORD

PRO PERSONNEL SCOUT

D.J. Hord was named a pro personnel scout in 2019 after originally joining the team as a pro scouting intern in 2017. In his role, he assists in the scouting of future opponents, coordinates free agent visits and tryouts, and monitors NFL transactions. Before joining the Seahawks, Hord served at the University of Northern Iowa as director of football operations from 2013-17. There, he served in many capacities including the pro scouting liaison, team travel, coordinated recruiting activities and on-campus visits and worked closely with the school's compliance office. He worked as a graduate assistant from 2012-13 working with wide receivers and returners at Northern Iowa. He attended Notre Dame where he played wide receiver while earning his degree, followed by earning a masters degree from Northern Iowa. He attended Rockhurst High School in Kansas City, Mo.

ARMANI PEREZ

PRO SCOUTING PERSONNEL ASSISTANT

Perez enters his third season with the Seahawks, first in a full-time roll as pro scouting personnel assistant, after spending two seasons (2019-20) as a scouting intern. He is responsible for scouting future opponents, writing pro and draft prospect evaluation reports from college, NFL, CFL, XFL and The Spring League, coordinating free agent workouts and monitoring pro transactions. Perez joined Seattle after serving the University of Arkansas as director of off-campus recruiting in the spring of 2019. He spent four years (2015-19) at Louisiana Tech, with the last three as director of recruiting, where he served as an NFL liaison and was responsible for initial identification and evaluation of prospective student-athletes. While attending Florida State, where he earned his degree in business & sport management in 2014, he was a recruiting assistant from 2013-15. Perez lettered in football at Columbus High School in Miami and is married to wife, Macy.

SAM RAMSDEN

VP/HEALTH & PLAYER PERFORMANCE

Sam Ramsden begins his 23rd year with the Seahawks in 2021 and his 10th in the role of director of health and player performance. His responsibilities include collaborating with the strength and conditioning, medical, sports science and nutrition staffs as well as researching and developing emerging and advanced technologies that will lead to better player durability and improved on-field performance. As a conduit to the head coach and general manager, Ramsden is

charged with communicating daily all aspects of the current roster and potential roster additions in terms of overall player health, availability and readiness. Ramsden's primary area of expertise for much of his 20-plus seasons in the NFL has been centered on the physical rehabilitation and conditioning of professional football players. Ramsden originally joined the Seahawks as an associate athletic trainer in February of 1999. He was promoted to head athletic trainer in 2004 and was responsible for coordinating the overall healthcare provided for the Seahawks' players and staff. Before Seattle, he served six seasons with the Green Bay Packers as an assistant athletic trainer and was a member of the Super Bowl XXXI championship team. As a student athletic trainer at the University of Wisconsin-La Crosse, Ramsden worked with several intercollegiate sports teams before joining the Packers staff. He received a bachelor's degree in physical education with an emphasis in athletic training from the La Crosse school in 1992. A La Crescent, Minn. native, he and his wife, Lisa, together with their two sons, Henry and Lachlan, live near Fall City, Wash.

DAVID STRICKLIN

HEAD ATHLETIC TRAINER

David Stricklin is the Seahawks head athletic trainer and enters his 13th season with the team. Promoted to head athletic trainer in 2019, he served as assistant athletic trainer from 2010-18, and was a season-long assistant in 2005. In his role, Stricklin is responsible for the oversight of healthcare provided for Seahawks players, coaches and football support staff. This includes but is not limited to player medical appointments with physicians and imaging, management of the medical staff including team physicians, athletic trainers, physical therapists, chiropractors and any other ancillary healthcare providers. He also manages players' practice and game status as related to injuries and illnesses. He is responsible for ensuring all medical staff is compliant with the most up to date emergency management for on-field injuries, current injury rehabilitation and treatment methods, and any other NFL mandated protocols such as concussion and mental health. Stricklin holds numerous professional licenses and certifications, including a Washington State Athletic Trainers License. Before joining the Seahawks, Stricklin served as an assistant athletic trainer for football and head athletic trainer for Oregon State's nationally ranked baseball program from 2006-10. He was a graduate assistant athletic trainer for the Beavers from 2003-05 after spending the summer of 2002 as an athletic training intern with the San Francisco 49ers. Stricklin earned a Bachelor of Science–Exercise Science degree from Central Washington University and a Masters of Science–Sports Medicine degree, along with a certificate in healthcare administration, from Oregon State University. Married to Courtney, they have two daughters, Olivia and Avery, with a golden retriever, Caylis.

MATT CAPURRO

DIRECTOR OF TEAM OPERATIONS

Matt Capurro enters his 18th NFL season in 2021 and his 12th with the Seahawks. Capurro works directly with Head Coach Pete Carroll and is responsible for coordinating the team's daily operations, including overseeing player and staff communications and managing the year-round football schedule, which includes the offseason program, OTA days, mini-camps and training camp. Prior to joining the Seahawks, Capurro spent one season with the USC Trojans (2009) and six seasons with the Oakland Raiders (2003-2008). In 2009 with the Trojans, as director of football operations, he coordinated all of the team's daily operations, managed the year-round football calendar, coordinated all travel logistics for home and away games, directed USC football camps and clinics, and served as liaison for the football department within the athletic department. In his six seasons with the Raiders, Capurro spent five seasons (2004-08) as the assistant to the head coach where he coordinated all the day-to-day operations, and spent his first season (2003) as a coaches assistant. During that span, he worked for Bill Callahan, Norv Turner, Art Shell, Lane Kiffin and Tom Cable. Prior to that, Capurro was a football operations intern for the Raiders for five years (1998-2002) under Jon Gruden and Bill Callahan. He earned his bachelor's degree in Business Administration from the University of San Francisco in 2003. He lettered in football and baseball at St. Vincent High School in Petaluma (Calif.) Married to wife, Emily, they have two daughters, Gianna and Cecilia.

ANDREA VANDERWOUDE

TEAM PERFORMANCE DIETITIAN

Andrea Vanderwoude enters her third season with the Seahawks in 2021. Prior to joining Seattle, and after completion of the Gatorade Sports Nutrition Immersion Intern (GSNI) program, she served as the Sports Dietitian for the University of Southern California football team from 2016-18. She completed her undergraduate degree in Nutrition and Dietetics from the University of Idaho followed by her Master's in Sports Nutrition from the University of Colorado–Colorado Springs where she worked with athletes at the University of Colorado and The United States Olympic Training Center. Upon completion of her Master's Degree, she was selected for the GSNI program, which places selected dietitians at top sports nutrition facilities within the United States. Vanderwoude is a Registered Dietitian (RD/RDN) and board-Certified Specialist in Sports Dietetics (CSSD) through the Academy of Nutrition and Dietetics (AND). Additionally, she has spent time conducting scientific research and believes in a personalized nutrition approach for athletes to help meet their physical requirements.

COACHES

PETE CARROLL

EXECUTIVE VP OF FOOTBALL OPERATIONS & HEAD COACH

SEAHAWKS EXPERIENCE 12TH YEAR | NFL EXPERIENCE 28TH YEAR

CARROLL'S COACHING CAREER

1974-76	University of the Pacific	Graduate Assistant
1977	University of Arkansas	Graduate Assistant
1978	Iowa State	Secondary
1979	Ohio State	Secondary
1980-82	North Carolina State	Defensive Coordinator/Secondary
1983	University of the Pacific	Asst. Head Coach/Offensive Coord.
1984	Buffalo Bills	Defensive Backs
1985-89	Minnesota Vikings	Defensive Backs
1990-93	N.Y. Jets	Defensive Coordinator
1994	N.Y. Jets	Head Coach
1995-96	San Francisco 49ers	Defensive Coordinator
1997-99	New England Patriots	Head Coach
2001-09	USC	Head Coach
2010-	**Seattle Seahawks**	**Executive V.P. & Head Coach**

Named head coach on January 11, 2010, Pete Carroll became the eighth head coach in Seahawks history after one of the most successful runs in USC history in the college ranks. He brings 27 years of NFL experience and 19 years of collegiate experience to Seattle.

Carroll's overall head coaching record is 145-94-1 in the regular season and 11-10 in the postseason in his 15 years of NFL head coaching. In 2016, he became the 39th head coach in NFL history with 100 wins in the regular season.

In his tenure as head coach in Seattle, Carroll and Executive VP/General Manager John Schneider constructed the best teams in Seahawks history over the past nine seasons with a 98-45-1 record, back-to-back Super Bowl appearances in 2013-14, posted 10-plus wins in five consecutive seasons (2012-16) for the first time in franchise history, including eight of the last nine seasons, and won five NFC West Division titles.

Seattle has advanced to the divisional round in seven of Carroll's 11 seasons as coach, winning two NFC Championships and one Super Bowl, while claiming the No. 1 seed in the NFC twice, and for the third time in franchise history (2005 under Mike Holmgren, 2013-14).

Seattle led the NFL in scoring defense for four-consecutive seasons from 2012-15, becoming the first defense in the Super Bowl era to accomplish the feat. Cleveland led the league in scoring defense for a record five-straight seasons from 1953-57 in 12-game seasons.

Carroll continues to grow the team through his strong philosophy of preaching competition and taking care of the football.

Helping that cause, 28 draft choices since 2017 remain with the team to build a strong foundation of continuity, combining the young talent of LB Jordyn Brooks, RB Chris Carson, TE Will Dissly, DT Poona Ford, G Damien Lewis, and WR DK Metcalf with veterans including All-Pro S Jamal Adams, All-Pro T Duane Brown, Pro Bowl S Quandre Diggs, Pro Bowl DE Carlos Dunlap II, All-Pro RS Tyler Lockett, All-Pro LB Bobby Wagner, and All-Pro QB Russell Wilson.

In a year with limited or no fans at games around the league due to the COVID-19 pandemic, the 2020 Seahawks concluded the season with a 12-4 record and champions of the NFC West. It was the 11th division title in franchise history and fifth under Carroll, tying Mike Holmgren for the most by a Seattle head coach. It was the 14th time in the last 18 seasons that Seattle qualified for the postseason and ninth time in Carroll's 11 seasons as head coach. The Seahawks scored a franchise-record 459 points while winning 12 or more games for the fifth time in club history.

Carroll's 2019 team held a 10-2 record through the first three quarters of the season but went an uncharacteristic 1-3 to finish the year and slipped to the no. 5 seed in the NFC playoffs, winning the Wild Card Game and advancing to the Divisional Round for the seventh time in the last 10 seasons, while appearing in the postseason for the eighth time. Posting a franchise-best 7-1 road record, Seattle reached 10 wins for the seventh time in the last eight seasons, something accomplished only five times in franchise history from 1976-2011. The Seahawks became the second team in NFL history to win 10 one-score games in a single season, joining the 1978 Oilers (10-6 record) and Carroll earned his 100th regular season win in franchise history, extending his own franchise record.

The 2018 Seahawks exceeded everyone's expectations but their own as they won 10 games for the sixth time in the last seven seasons and advancing to the Wild Card playoffs. After a 4-5 start to the season, Seattle became the 28th team with a losing record after nine games to advance to the postseason, scoring the second-most points in franchise history (428) and leading the NFL with a rushing attack that accumulated 2,560 yards, the third-most in franchise history, marking the top-three rushing seasons all under Carroll (2012, 2014, 2018).

CARROLL VS. THE NFL

	Team	Regular Season	Post-season	Total
AMERICAN FOOTBALL CONFERENCE	Baltimore Ravens	3-1	---	3-1
	Buffalo Bills	7-4	---	7-4
	Cincinnati Bengals	1-2	---	1-2
	Cleveland Browns	3-2	---	3-2
	Denver Broncos	3-4	1-0	4-4
	Houston Texans	2-0	---	2-0
	Indianapolis Colts	7-3	---	7-3
	Jacksonville Jaguars	2-1	0-1	2-2
	Kansas City Chiefs	2-3	---	2-3
	L.A./San Diego Chargers	2-3	---	2-3
	Miami Dolphins	5-6	1-0	6-6
	New England Patriots	4-1	0-1	4-2
	New York Jets	5-4	---	5-4
	Oakland Raiders	2-1	---	2-1
	Pittsburgh Steelers	3-2	0-1	3-3
	Houston Oilers/Tennessee Titans	2-2	---	2-2
NATIONAL FOOTBALL CONFERENCE	Arizona Cardinals	14-9-1	---	14-9-1
	Atlanta Falcons	4-3	0-2	4-5
	Carolina Panthers	7-1	1-1	8-2
	Chicago Bears	5-2	0-1	5-3
	Dallas Cowboys	6-2	0-1	6-3
	Detroit Lions	2-2	1-0	3-2
	Green Bay Packers	3-5	1-1	4-6
	L.A./St. Louis Rams	11-12	0-1	11-13
	Minnesota Vikings	7-1	1-0	8-1
	New Orleans Saints	2-3	2-0	4-3
	New York Giants	5-2	---	5-2
	Philadelphia Eagles	6-1	1-0	7-1
	San Francisco 49ers	16-7	1-0	17-7
	Seattle Seahawks	0-0	---	0-0
	Tampa Bay Buccaneers	2-3	---	2-3
	Washington Redskins	2-2	1-0	3-2
	Career Totals	**145-94-1**	**11-10**	**156-104-1**

Seattle concluded the 2017 season with a 9-7 record and a second-place finish in the NFC West. Despite injuries on the defensive side of the ball to DE Cliff Avril, S Kam Chancellor, CB Richard Sherman and missing its top-two running backs in Carson and C.J. Prosise, Seattle entered the final-quarter of the season with an 8-4 record and remained in the hunt for an NFC West title and a shot at winning 10 games for the sixth-consecutive season.

The Seahawks won their 10th division title in franchise history in 2016 with a 10-5-1 record. Seattle's defense finished in the top-5 for the fifth-consecutive season (2012-16), an impressive feat during an era of unprecedented scoring and yardage numbers in NFL history.

Seattle's NFL-record streak of not losing by more than 10 points in 85 regular season games (95 games including playoffs) ended at Green Bay (12/11/16), and its NFL-record streak of 88 regular season games (98 games including playoffs) where it has led or been within one score in the fourth quarter came to an end at Tampa Bay (11/27/16).

After beginning the 2015 season 0-2, 2-4 and 4-5, the Seahawks became the 22nd team with a losing record after nine games to advance to the postseason, winning six of their last seven games to post a 10-6 record and finishing in the top-10 in defense for a franchise-record fifth-consecutive season (2011-15). Seattle defeated the Vikings in Minnesota in the Wild Card round but dropped a 31-24 decision at Carolina in the divisional round.

Seattle's defense finished 2015 ranked second (291.8 ypg) while the offense ranked fourth in the NFL (378.6 ypg), setting the franchise-record with 6,058 yards. It was the fourth time in franchise history, first since 2005, with a top-five offense.

The team won its ninth division title in club history in 2014, third under Carroll, after winning the NFC West with a 12-4 record. Seattle fell to New England, 28-24, in Super Bowl XLIX in Glendale, Ariz., in a season that saw it begin 3-3 but finish the season with a 9-1 record and the No. 1 seed in the NFC for the second consecutive season.

The Seahawks also became the fourth team in NFL history to lead the league in fewest points and yards allowed in back-to-back seasons (2013-14), and first since the 1985-86 Chicago Bears. The Seahawks led the league in defense for the second straight year while the offense had the No. 1-ranked rushing attack with a franchise-record 2,762 yards and ranked in the top-10 in offense (ninth overall) for the first time since the 2007 season.

Carroll led Seattle to its first Super Bowl title in franchise history with a 43-8 victory over the Denver Broncos in Super Bowl XLVIII in New York/New Jersey on February 2, 2014, after a franchise-best 13-3 regular season record, and joined Jimmy Johnson and Barry Switzer as the only coaches to win a college football national title and a Super Bowl in their career.

Carroll and Schneider constructed one of the best defenses in the last 12 years at the time, leading them to the NFL title. The Seahawks defense ranked first overall in the NFL in total defense (273.6 ypg), passing defense (172.0 ypg), points allowed (14.4 ppg), takeaways (39), interceptions (28), turnover differential (+20) and opponent quarterback rating (63.4).

The youngest Super Bowl-winning roster in NFL history (26 years, 162 days) was led by second-year QB Wilson, who became the third-youngest quarterback to win the title game (25 years, 65 days).

In 2012, Carroll led Seattle to the NFC Divisional Playoff posting the fourth-best record in franchise history (11-5). Seattle won its first postseason road game since 1983 with a Wild Card Game victory at Washington.

One of the youngest teams in the NFL to end the season for the second-consecutive year (second overall, third-youngest defensive starters, fourth-youngest offensive starters), Seattle started 4-4 but went on to finish the season 7-1 led by rookie Wilson and the league's fourth-ranked defense, that also led the league allowing 245 points (15.3 ppg).

Carroll's 2011 squad also ranked as one of the youngest in the NFL; beginning the season with the second-youngest roster in Week 1, once having the third-youngest offensive line during the season and ending the year with the second-youngest starting defensive unit in the league.

He saw his 2011 defense improve weekly, ending the season ranked ninth in the league in total defense, just the sixth time Seattle had boasted a top-10 defense and first since 1997. His offense switched gears from a quick-strike, no-huddle group to a grind-it-out ground game led by RB Marshawn Lynch over the last half of the season. That offensive mentality helped Seattle rank fifth in the NFL with 1,212 rush yards over the last nine games of the season.

Always competing, the Seahawks jumped out to a 4-2 record to begin the 2010 season and parlayed that in to the club's fifth NFC West title in the past seven seasons, punctuating the season with a 41-36 victory over the defending Super Bowl Champion New Orleans Saints at Lumen Field in the Wild Card Game.

Carroll returned to the NFL after spending nine years (2001-09) as head coach at USC, where he won seven consecutive Pac-10 titles (2002-08), two national championships (2003-04) and led the Trojans to a 97-19 record. He reached a bowl in each of his nine seasons and won seven. His 88 victories from 2001 to 2008 tied Bob Pruett of Marshall for most by a Division I coach in their first eight seasons since 1900 (Penn's George Woodruff - 102). He reached 50 career USC wins faster than any head coach in Trojans history. From 2002-08, his teams appeared in an NCAA-record seven consecutive BCS bowls, recorded at least 11 victories seven times (an NCAA record) and finished ranked in the AP Top 4. USC was the AP's No. 1 team for a national-record 33 straight polls (including two preseason polls) and was ranked in the AP Top 10 for a school-record 63 consecutive games. His teams were ranked in the AP Top 25 for 102 consecutive games, a school record. In 2009, he was named Coach of the Decade by Lindy's.

Also under Carroll, USC was the first school to have three Heisman Trophy winners in a four-year span (Carson Palmer, Matt Leinart, Reggie Bush). He also coached winners of the Walter Camp, Chuck Bednarik, Johnny Unitas, Doak Walker and John Mackey Awards. Carroll produced 34 All-American first-teamers and 53 NFL draft picks (including 14 first-rounders, with a No. 1 selection in Carson Palmer and a No. 2 in Reggie Bush). His USC program had the nation's most draftees in 2006, 2008 and 2009.

USC posted a 12-1 record in 2008 and advanced to its fourth-consecutive Rose Bowl, defeating Penn State, 38-24, to become the first team to win three straight Rose Bowls. In the polls, the Trojans finished ranked second by USA Today and third by AP. USC finished first in scoring defense (9.8 ppg, its finest in 41 years), surrendering just 14 touchdowns in 2008.

In 2007, USC went 11-2 and finished second in the USA Today poll and third in the AP poll, for its sixth AP Top 4 ranking in a row. Its 49-17 win over Illinois in the Rose Bowl equaled the most points ever in the bowl game. Five players were named All-American first-teamers.

USC posted an 11-2 mark in 2006, finished No. 4 in the final polls and shared the Pac-10 title at 7-2 to capture an unprecedented fifth straight conference crown. Five Trojans were All-American first teamers and Carroll was named the 2006 Pac-10 Coach of the Year (for the third time).

His Trojans held AP's No. 1 ranking for the entire regular season in 2005. USC went 12-1 overall to advance to the BCS Championship Game in the Rose Bowl. The Trojans, who finished second in both polls, boasted a school-record six All-American first-teamers, including Heisman Trophy-winning tailback Reggie Bush. He was the 2005 Pac-10 Co-Coach of the Year, as well as the American Football Coaches Association Division I-A Region 5 Coach of the Year.

In 2004, he guided No. 1-ranked USC to its second consecutive national championship with a convincing win over Oklahoma in the BCS Championship Game in the Orange Bowl. USC became only the second team ever to hold its AP preseason No. 1 ranking all the way through a season. It was

only the 10th time that a team won back-to-back AP crowns. His team was 13-0 (a school-record for wins) and went 8-0 in the Pac-10. A school-record six Trojans were named All-American first teamers.

The Trojans won the AP national championship, its first national crown since 1978, and entered the Rose Bowl also ranked No. 1 in the USA Today/ESPN poll, in 2003. USC was 12-1 overall and finished the season ranked second. USC's 534 points was a Pac-10 record. Five Trojans were first-team All-Americans. For this, Carroll was named the 2003 American Football Coaches Association Division I-A Coach of the Year, Home Depot National Coach of the Year, Maxwell Club College Coach of the Year, ESPN.com National Coach of the Year, Pigskin Club of Washington D.C. Coach of the Year and All-American Football Foundation Frank Leahy Co-Coach of the Year. He also was the Pac-10 Co-Coach of the Year.

In 2002, USC posted its first 11-win season since 1979 and its highest ranking (No. 4) since 1988. Heisman Trophy-winning quarterback Carson Palmer and safety Troy Polamalu were first team All-Americans.

Carroll was named USC's head football coach on December 15, 2000, and in his first season, led the Trojans to the Las Vegas Bowl and a 6-6 record.

He began his NFL career as defensive backs coach for Buffalo (1984) and Minnesota (1985-89) before becoming the N.Y. Jets defensive coordinator (1990-93) and head coach (1994). He spent two years as San Francisco's defensive coordinator (1995-96), leading the league in total defense in 1995, before leading New England to a 27-21 record and two playoff appearances as head coach (1997-99).

Carroll spent the 2000 season as a consultant for pro and college teams, doing charitable work for the NFL and writing a column on pro football for CNNSI.com.

He began his coaching career at the collegiate level, serving as a graduate assistant at his alma mater, Pacific, for three years (1974-76), working with the wide receivers and secondary. He then spent a season as a graduate assistant working with the secondary at Arkansas (1977) under Lou Holtz as the Razorbacks won the 1978 Orange Bowl, and then a season each as an assistant in charge of the secondary at Iowa State (1978) and at Ohio State (1979). He next spent three seasons (1980-82) as the defensive coordinator and secondary coach at North Carolina State, before returning to Pacific in 1983 as the assistant head coach and offensive coordinator.

Carroll was a two-time (1971-72) All-Pacific Coast Conference free safety at Pacific and earned his bachelor's degree in 1973 in business administration. He received his secondary teaching credential and a master's degree in physical education from Pacific in 1976. He was inducted into the Pacific Athletic Hall of Fame in 1995.

He was a three-sport (football, basketball and baseball) standout at Redwood High in Larkspur, Calif., earning the school's Athlete of the Year award as a senior. He played quarterback, wide receiver and defensive back. He was inducted into the inaugural Redwood High Athletic Hall of Fame in 2009. He then played football at Marin Junior College in Kentfield, Calif., from 1969-70 before transferring to Pacific.

Carroll's passion for working with people goes beyond the football field and into the community. Throughout his career he founded and championed philanthropic efforts in Seattle, Los Angeles, and around the country. While at USC, he started A Better L.A. and in Seattle he created A Better Seattle. Both worked with community-based street outreach teams serving youth impacted by gangs and the juvenile justice system. Carroll also spearheaded efforts to bring the youth empowerment and education program WE Day to the United States. Resulting in WE Days being held across the country. Today, Carroll continues his philanthropic efforts by supporting organizations and causes addressing social justice and education.

Carroll is also the founder of Amplify Voices, a media production and marketing company dedicated to championing diverse and caring voices. He launched the podcast Amplify Voices: Conversations from the Heart in June of 2021 in partnership with Cadence13. Through 2021 and beyond, Amplify Voices will develop and produce a series of engaging content initiatives, including podcasts, books, live events, documentaries and social media campaigns, with the aim of imparting Carroll's legacy of caring leadership while spotlighting some of the most inspiring and influential voices today.

Carroll was born on September 15 in San Francisco. He and his wife, Glena, who played volleyball at Pacific, have three children, sons Brennan, married to Amber, who played tight end at Delaware and Pittsburgh, Nate, married to Anna, and daughter Jaime, married to Mike, who played on the Women of Troy's volleyball team that competed in the 2000 NCAA Final Four. The couple also has seven grandchildren.

CARROLL'S HEAD COACHING RECORD

Year	Team	W	L	T	Pct.	Finish
1994	N.Y. Jets	6	10	0	.375	**5th, AFC East**
1997	New England	10	6	0	.625	**1st, AFC East** *Wild Card victory vs. Miami, 17-3* *Divisional Playoff loss at Pittsburgh, 7-6*
1998	New England	9	7	0	.563	**4th, AFC East** *Wild Card loss at Jacksonville, 25-10*
1999	New England	8	8	0	.500	**T4th, AFC East**
2010	Seattle	7	9	0	.438	**1st, NFC West** *Wild Card victory vs. New Orleans, 41-36* *Divisional Playoff loss at Chicago, 35-24*
2011	Seattle	7	9	0	.438	**3rd, NFC West**
2012	Seattle	11	5	0	.688	**2nd, NFC West** *Wild Card victory at Washington, 24-14* *Divisional Playoff loss at Atlanta, 30-28*
2013	Seattle	13	3	0	.813	**1st, NFC West** *Divisional Playoff victory vs. New Orleans, 23-15* *NFC Championship victory vs. San Francisco, 23-17* *Super Bowl XLVIII victory vs. Denver, 43-8*
2014	Seattle	12	4	0	.750	**1st, NFC West** *Divisional Playoff victory vs. Carolina, 31-17* *NFC Championship victory vs. Green Bay, 28-22 (ot)* *Super Bowl XLIX loss vs. New England, 28-24*
2015	Seattle	10	6	0	.625	**2nd, NFC West** *Wild Card victory at Minnesota, 10-9* *Divisional Playoff loss at Carolina, 31-24*
2016	Seattle	10	5	1	.656	**1st, NFC West** *Wild Card victory vs. Detroit, 26-6* *Divisional Playoff loss at Atlanta, 36-20*
2017	Seattle	9	7	0	.563	**2nd, NFC West**
2018	Seattle	10	6	0	.625	**2nd, NFC West** *Wild Card loss at Dallas, 24-22*
2019	Seattle	11	5	0	.688	**2nd, NFC West** *Wild Card victory at Philadelphia, 17-9* *Divisional Playoff loss at Green Bay, 28-23*
2020	Seattle	12	4	0	.750	**1st, NFC West** *Wild Card loss vs. L.A. Rams, 30-20*
Reg. Season (15 Yrs.)		**145**	**94**	**1**	**.606**	
Postseason (11 Yrs.)		**11**	**10**	**0**	**.524**	
Combined Record		**156**	**104**	**1**	**.600**	

ALL-TIME SEAHAWKS COACHING RECORDS

		Regular Season				Postseason		
		W	L	T	Pct.	W	L	Pct.
1976-82*	Jack Patera	35	59	0	.372	---	---	---
1982	Mike McCormack	4	3	0	.571	---	---	---
1983-91	Chuck Knox	80	63	0	.559	3	4	.429
1992-94	Tom Flores	14	34	0	.291	---	---	---
1995-98	Dennis Erickson	31	33	0	.484	---	---	---
1999-08	Mike Holmgren	86	74	0	.538	4	6	.400
2009	Jim Mora	5	11	0	.313	---	---	---
2010-	Pete Carroll	112	63	1	.639	10	8	.556

*Patera was replaced by Mike McCormack after two games of the 1982 season.

SHANE WALDRON

OFFENSIVE COORDINATOR

NFL EXPERIENCE: 8th YEAR **SEAHAWKS EXPERIENCE: 1st YEAR**

WALDRON'S COACHING CAREER

2005-07	Notre Dame	Graduate Assistant
2008	New England Patriots	Quality Control
2009	New England Patriots	Tight Ends
2010	Hartford Colonials (UFL)	Wide Receivers
2011	Buckingham Browne & Nichols HS	Offensive Coordinator
2012-13	University of Massachusetts	Recruiting Coordinator/TEs
2014-15	University of Massachusetts	Offensive Line
2016	Washington Football Team	Quality Control/Offense
2017	Los Angeles Rams	Tight Ends
2018	Los Angeles Rams	Pass Game Coord./TEs
2019-20	Los Angeles Rams	Pass Game Coordinator
2021-	**Seattle Seahawks**	**Offensive Coordinator**

Shane Waldron joined the Seahawks staff on January 29, 2021, as offensive coordinator. He spent the previous four seasons with the Los Angeles Rams, including the last three as passing game coordinator.

The 2020 season saw QB Jared Goff pass for a career-high 67.03 completion percentage (370 for 552) and over 3,900 yards for the third-consecutive season, missing his third-straight 4,000-yard season by 48 yards.

Waldron was influential in the continued growth of Goff during the 2019 campaign. Goff became the first quarterback in franchise history to post consecutive seasons with over 4,000 passing yards. Goff finished the season third in the NFL in passing with 4,638 yards and threw for 20-plus touchdowns for the third-consecutive season. WRs Cooper Kupp and Robert Woods finished with 1,161 and 1,134 receiving yards, respectively. It marked the first time the Rams had consecutive seasons with multiple receivers totaling over 1,000 receiving yards since a run of four-straight seasons from 1999-2002.

In 2018, Waldon helped lead a Rams passing attack that finished among the top-10 in passing yards per attempt (4th), passing yards per game (5th) and touchdowns (T8th) and saw Goff set career-bests across the stat sheet.

Under Waldron's guidance in 2017, the tight end duo of Tyler Higbee and Gerald Everett combined for 539 yards, three touchdowns and averaged 13.1 yards per reception. Everett recorded a 69-yard reception in his second game as a professional which tied for the second-longest reception by a tight end during the 2017 season.

Previously, Waldron served as the Washington Football Team's offensive quality control coach for the 2016 season. That season, Washington's offense broke the franchise record for total net yards in a single season (6,454), surpassing the previous team record set in 1989. That same team averaged 403.4 yards per game, becoming the first team in franchise history to average 400 yards per game. In the NFL rankings, Washington ranked third in total offense.

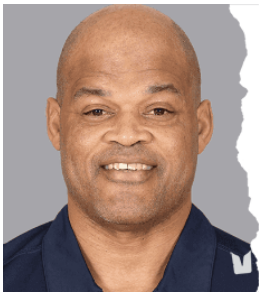
Prior to joining the Washington Football Team, Waldron spent four seasons at UMass, serving as the Minutemen's Recruiting Coordinator/Tight Ends coach from 2012-13 and offensive line coach from 2014-15. Waldron helped guide tight end Rob Blanchflower to a seventh-round selection by the Pittsburgh Steelers in the 2014 NFL Draft after Blanchflower set the school record for most career receiving yards by a tight end.

In 2011, Waldron served as the offensive coordinator at Buckingham Browne & Nichols High School (Mass.) and also as a Northeast Sports Consultant. A year earlier, he served as wide receivers coach for the Hartford Colonials of the United Football League.

Before his stint in the UFL, Waldron worked with the New England Patriots in various capacities across five seasons with the franchise. Beginning in 2002, Waldron served as an operations intern for two seasons before being promoted to the title of an operations assistant in 2004, when he handled special teams quality control duties in addition to overseeing the completion of weekly game plans. After three years coaching at Notre Dame, Waldron returned to New England in 2008 to serve as an offensive quality control coach and later served as the tight ends coach in 2009. That year the tight end duo of Benjamin Watson and Chris Baker combined for 546 yards, seven touchdowns and averaged 12.7 yards per reception.

Waldron spent the 2005-07 seasons as an offensive graduate assistant at Notre Dame. With the Irish, he helped guide two of the most explosive offenses in school history, as both the 2005 and 2006 units averaged at least 31 points per game.

A native of Portland, Ore., Waldron is a 2002 graduate of Tufts University, where he was a three-year letterman playing for Bill Samko. He is married to Meghan with two daughters, Lainey and Rylee.



KEN NORTON, JR.

DEFENSIVE COORDINATOR

NFL EXPERIENCE: 12th YEAR **SEAHAWKS EXPERIENCE: 9th YEAR**

NORTON, JR.'S COACHING CAREER

2004	USC	Defensive Asst./LBs
2005-08	USC	Linebackers
2009	USC	Asst. Head Coach/Defense/LBs
2010-14	**Seattle Seahawks**	**Linebackers**
2015-17	Oakland Raiders	Defensive Coordinator
2018-	**Seattle Seahawks**	**Defensive Coordinator**

Hired on January 16, 2018, Ken Norton, Jr. enters his 12th season in the NFL coaching ranks after retiring from the league in 2000, after 13 years as one of the premiere linebackers in the game. He re-joined Seattle after serving as its linebackers coach for five seasons (2010-14) and three as the defensive coordinator for the Oakland Raiders (2015-17).

Last season, Norton's defense saw three players named to the Pro Bowl (Jamal Adams, Quandre Diggs, and Bobby Wagner), while Wagner (1st team) and Adams (2nd team) were named AP All-Pro. Adams led the Seahawks with 9.5 sacks in only 12 games, the most ever by a defensive back since sacks became an official stat in 1982. Seattle's defense finished the season strong, ranking first in the NFL allowing 16.0 PPG in its last eight games, while leading the league with 37 sacks the final 10 weeks.

In 2019, Norton's second season leading Seattle's defense saw the unit rank third in the NFL in takeaways (32), while Bobby Wagner recorded the second-most tackles in franchise history with 159 (1st in NFL), trailing his own franchise record of 167. It was Wagner's eighth-consecutive 100-tackle season, extending his franchise record. Wagner was named AP First-Team All-Pro and voted starter to the Pro Bowl. CB Shaquill Griffin made his first Pro Bowl as an injury replacement.

In his first season back with Seattle in 2018, he was reunited with Bobby Wagner who produced one of his best seasons, tallying 138 tackles (3rd NFL), marking the seventh-consecutive season with 100-plus stops, and returning one interception a franchise-record 98 yards for a touchdown. DE Frank Clark also had a career-year with a career-high 13.0 sacks (7th NFL) and 27 quarterback hits. His sack total was the most by a Seahawks player since Patrick Kerney led the NFC with 14.5 in 2007.

Also in 2018, his defensive unit ranked no. 1 in the NFL in short yardage, fourth in redzone defense, fifth in third-down conversions and led the NFL with a +15 takeaway/giveaway ratio, while leading the NFL with 14 fumble recoveries.

In 2016, Norton, Jr. led a defense that helped the Raiders post 12 wins and return to the postseason for the first time since 2002. The defensive unit produced the AP Defensive Player of the Year in DE Khalil Mack and two Pro Bowlers (Mack and S Reggie Nelson). Oakland ranked second in the NFL with 30 turnovers, posting 16 interceptions and 14 fumble recoveries. In crunch time, the Raiders allowed only three points inside the game's final three minutes, the fewest in the NFL. Mack's eight-game sack streak during the regular season tied an NFL record, and he came away with a sack-fumble in three consecutive games during that stretch. Mack's season earned him numerous individual accolades, including his second Pro Bowl nod, two AFC Defensive Player of the Week honors and the AFC Defensive Player of the Month for November. The defense also received solid contributions at all levels, including Nelson (team-leading five interceptions), LB Bruce Irvin (seven sacks and six forced fumbles) and LB Malcolm Smith (team-leading 115 tackles).

In 2014, Norton, Jr. helped the Seahawks win the NFC title for the second straight year and an appearance in Super Bowl XLIX. Seattle's defense finished the year as the league's top-ranked defense by a large margin, surrendering only 267.1 yards per game (Detroit was second at 300.9 ypg). Norton, Jr.'s linebacking corps led the way, as LBs Wright and Wagner led the team in tackles with 107 and 104, respectively. Wagner became just the sixth player in franchise history to record three straight seasons of at least 100 tackles. Wagner was also selected to his first Pro Bowl in 2014.

He earned his fourth Super Bowl ring (first as coach) in 2013 as Seattle defeated Denver, 43-8, in Super Bowl XLVIII. Wagner again led the way with a team-high 119 tackles (71 solo) despite missing two games (ankle). He became just the third player in franchise history (Terry Beeson, Lofa Tatupu) to begin his Seattle career with back-to-back 100-tackle seasons. Wagner led the team with 10 tackles (five solo) in the Super Bowl and tied (Kam Chancellor) for the team-lead in postseason tackles with 34 (17 solo).

Norton, Jr.'s corps boasted the Super Bowl XLVIII MVP in Malcolm Smith. Smith tallied nine tackles (five solo), returned an interception 69 yards for a touchdown and a 22-0 lead in the second quarter and picked up one fumble recovery in the 35-point win, the third-largest winning margin in Super Bowl history.

In his first two seasons, Norton, Jr. helped David Hawthorne to his third-consecutive 100-tackle season, becoming the fifth player in Seahawks history to accomplish that feat. He also oversaw the development of 2011 fourth-round pick Wright in a starting role beginning Week 3 of the season with Wright finishing fifth on the team with 61 tackles (46 solo) and 2.0 sacks in only 12 games started. Wright followed that with a stellar sophomore season with a career-high 96 tackles (66 solo) in 2012.

In 2012, Norton saw another rookie emerge in second-round draft choice Wagner. Under his guidance, the defensive signal-caller finished second in the AP Defensive Rookie of the Year voting after recording 140 tackles (86 solo), ranking first in Seattle history in tackles among rookies (2nd NFL among rookies, 7th overall). He also led all rookie linebackers (T4th NFL among all rookies) with three interceptions.

Norton, Jr. spent six seasons coaching linebackers for USC from 2004-09, and defeated Oklahoma to win the 2004 national championship. In 2009, he added the title of assistant head coach of the defense. He spent his first year at USC as a graduate assistant (helping with the linebackers) after joining the Trojans staff in February of 2004.

His linebacking corps at USC is a Who's Who of drafted NFL linebackers; Brian Cushing, Jarvis Jones, Clay Matthews and Keith Rivers (first-round), Rey Maualuga and Lofa Tatupu (second-round), Kaluka Maiava (fourth-round) and Super Bowl MVP Smith (seventh-round) are among the standouts that Norton coached and recruited to USC.

In 2008, Maualuga was named first-team All-American, Pac-10 Defensive Player of the Year, made his third consecutive All-Pac-10 first team and was USC's first-ever winner of the Bednarik Award. He also was a finalist for the Lombardi, Butkus and Nagurski Awards. Fellow linebacker Cushing was also a Butkus Award finalist and won All-Pac-10 first-team honors. Following the season, Cushing was an NFL first-round pick, as was Super Bowl XLV winner Matthews.

In 2007, Rivers was an All-American first teamer and was a first-round NFL draft pick following the season, while linebacker Thomas Williams was a fifth-round NFL selection. In 2006 and 2007, Rivers and Maualuga made the All-Pac-10 first team. Linebackers Dallas Sartz (fifth round) and Oscar Lua (seventh round) were selected in the 2007 NFL Draft.

In 2004, linebackers Tatupu and Matt Grootegoed were named All-American first teamers (Grootegoed also was a Butkus Award finalist and Tatupu was Seattle's second-round pick).

Norton, Jr. spent 13 years playing in the NFL, first with the Dallas Cowboys for six seasons (1988-93) and then seven years with the San Francisco 49ers (1994-2000). The All-Pro and Pro Bowl selection is the only

player in history to play on three consecutive Super Bowl-winning teams (the Cowboys in 1992 and 1993 and the 49ers in 1994). He is one of 22 people in NFL history to win a Super Bowl as both a player and coach.

He was coached by the legendary Tom Landry in 1988 while his Dallas teammates included Ed "Too Tall" Jones, Randy White and Herschel Walker. Other Hall of Fame teammates include: Troy Aikman, Charles Haley, Michael Irvin, Terrell Owens, Jerry Rice, Emmitt Smith and Steve Young.

After retiring from the NFL, he was a radio and television commentator and analyst, including appearances on the NFL Network, where he was an original host with Rich Eisen and Seth Joyner. He also served as the defensive coordinator at Hamilton High in Los Angeles in 2003.

He was the Cowboys second-round NFL draft pick in 1988 after earning All-American honors at UCLA in 1987. He lettered four seasons (1984-87) with the Bruins and was a finalist for the 1987 Butkus Award. He earned his bachelor's degree in sociology from UCLA in 1998.

Born on September 29, 1966, he and his wife, Angela, have three children, daughters Brittney and Sabrina, and son Ken III.

His late father is the former world heavyweight boxing champion and played football and basketball at Northeast Missouri State. Norton Sr. broke Muhammad Ali's jaw on March 31, 1973 at the San Diego Sports Arena in a match that Norton was victorious.

Norton Jr. also has three brothers, Keith, Kenejon and Brandon, and one sister, Kenisha.

LARRY IZZO

SPECIAL TEAMS COORDINATOR

NFL EXPERIENCE: 11th YEAR **SEAHAWKS EXPERIENCE: 4th YEAR**

IZZO'S COACHING CAREER

2011-15	N.Y. Giants	Asst. Special Teams
2016-17	Houston Texans	Special Teams Coordinator
2018-20	**Seattle Seahawks**	**Asst. Special Teams**
2021-	**Seattle Seahawks**	**Special Teams Coordinator**

Hired on February 27, 2018, Larry Izzo begins his fourth season on the Seahawks staff, and first as special teams coordinator, after spending seven seasons coaching with the N.Y. Giants and Houston following a 14-year playing career.

Last season, Izzo's special teams unit had a spectacular season, finishing second in Rick Gosselin's annual special teams rankings, a list kept for the last 42 seasons. Kicker Jason Myers connected on all 24 field goals, finishing 2020 having made 35-consecutive dating back to 2019, a franchise-record. Punter Michael Dickson ranked second in the NFL with a 49.6 punting average and ranked in the top-five in average, net average, and punts landing inside the 20. Long snapper Tyler Ott and special teamer Nick Bellore were voted to their first Pro Bowls.

In 2019, the Seahawks special teams units forced three takeaways and blocked three kicks, while punter Michael Dickson tied Jeff Feagles and Jon Ryan for the franchise-record for most punts landing inside the 20 in a single season with 34.

In 2018, Seattle's special teams included the second-oldest kicker in the league (Sebastian Janikowski) and one of the youngest punters in the league (rookie Michael Dickson). Janikowski went on to become the third player since 1970 to kick three game-winning field goals with no time left on the clock in a season in what was his 19th, and final, season in the NFL. Dickson set the franchise single-season punt average (48.2) and net average (42.5) records while becoming the first rookie punter to be named first-team AP All-Pro since Oakland's Shane Lechler in 2000 and the first Seattle punter to make the Pro Bowl since Rick Tuten in 1994, and the first rookie punter since the Los Angeles Rams' Dale Hatcher in 1985 to be selected to a Pro Bowl.

In Izzo's first season with Houston in 2016, K Nick Novak turned in one of the best seasons in franchise history. Novak tied for second in the NFL with 35 field goals made, which marked his career high and the most in a single season in Texans history.

Izzo joined the Texans after spending five seasons (2011-15) as the assistant special teams coach with the N.Y. Giants, where he was a part of the team's Super Bowl XLVI victory in 2011. In 2015, the Giants finished second in the Dallas Morning News' annual comprehensive ranking of the league's special teams. The unit ranked fifth in opponent kickoff return average (20.3) and tied for first in field goal percentage (93.8). New York was also seventh in the NFL in punt return average (10.2) and 10th in kickoff return average (24.9). The Giants' kickoff team allowed an average return of just 18.3 yards in 2014, which ranked second in the NFL.

In 2012, the special teams made significant contributions to the Giants' winning season and finished seventh in the Dallas Morning News' annual ranking. The Giants led the NFL with five special teams takeaways and their average drive start following a kickoff was at the 25.2-yard line, which led the NFL. The Giants also averaged 26.2 yards per kickoff return, which placed them seventh in the NFL.

In 2011, Izzo's first season with the Giants, he won his fourth Super Bowl ring and first as a coach. He also helped develop a group of rookies who quickly became outstanding special teams players, including Mark Herzlich, Spencer Paysinger, Tyler Sash and Jacquian Williams.

In his 14-year NFL career (1996-2009), Izzo played for three teams, including the Miami Dolphins (1996-2000), New England Patriots (2001-08) and New York Jets (2009). He was a three-time Super Bowl champion with New England (2001, 2003 and 2004) and a three-time Pro Bowler (2000, 2002 and 2004). He is one of 22 people in NFL history to win a Super Bowl as both a player and coach.

He was also credited with 275 special teams tackles in 200 regular season games and 23 more in 21 postseason games. Izzo never played on a team with a losing record and his teams participated in the playoffs nine times, reaching five AFC Championship Games and four Super Bowls. His teammates selected him as a special teams captain nine times, including eight with the Patriots.

Izzo, who is considered one of the best special teams players in NFL history, began his career in 1996 as an undrafted free agent with the Miami Dolphins. He made such a rapid and positive impact that in the preseason, Head Coach Jimmy Johnson said only two players were guaranteed to make the team – future Hall of Fame QB Dan Marino and Izzo.

Izzo, who is from Fort Belvoir, Va., was a four-year letterman and three-year starter at Rice University, where he played linebacker and finished fourth in school history with 301 tackles, including a record 46 for losses. As a senior captain, he had 121 tackles and was named a consensus first-team All-Southwest Conference selection. He graduated in 2002 with a degree in business.

In 2005, Izzo and Warrick Dunn participated in a USO tour to visit troops stationed overseas. They began their trip at Bagram Air Base in Afghanistan, where they helped open the Pat Tillman USO Center, then spent time with troops in Baghdad, Kuwait and Qatar.

Born on September 26, 1974, he and his wife, Mara, have two sons, Boston and Hawk.

DAVE CANALES

OFFENSIVE PASSING GAME COORDINATOR

NFL EXPERIENCE: 12th YEAR **SEAHAWKS EXPERIENCE: 12th YEAR**

CANALES' COACHING CAREER

2004-05	Carson (Calif.) High School	Frosh/Soph Head Coach
2006-07	El Camino College	Tight Ends/Special Teams
2008	El Camino College	Quarterbacks
2010-12	**Seattle Seahawks**	**Quality Control/Offense**
2013-14	**Seattle Seahawks**	**Asst. QBs/Offensive QC**
2015-17	**Seattle Seahawks**	**Wide Receivers**
2018-19	**Seattle Seahawks**	**Quarterbacks**
2020-	**Seattle Seahawks**	**Offensive Passing Game Coordinator**

Named to Seattle's coaching staff on February 4, 2010, Dave Canales entered the NFL after one season as USC's offensive administrative assistant in 2009.

Canales enters his second season as the Seahawks offensive passing game coordinator after spending two years as the team's quarterbacks coach (2018-19) and three years as the wide receivers coach (2015-2017).

Last season, Seattle's passing attack saw QB Russell Wilson set single-season franchise records in touchdown passes (40), completions (384), and completion percentage (68.8), while WRs Tyler Lockett and DK Metcalf gave the Seahawks two 1,000-yard receivers in a season for the second time in franchise history (Brian Blades & Joey Galloway). Lockett set a club record with 100 catches and Metcalf established a franchise mark for most receiving yards (1,303).

In Canales' 11 years with the Seahawks, he has played a variety of instrumental roles in helping the team to nine playoff appearances. He served as assistant quarterbacks coach for two years, during the Super Bowl XLVIII championship season and the 2014 NFC Championship season. He was the quality control/offense coach the previous three years working with wide receivers and quarterbacks (2010-2012).

At USC in 2009, he was an assistant strength coach, video assistant and worked with quarterbacks, during a year that the Trojans won the Emerald Bowl.

He came to USC from El Camino (Calif.) College, where he was the tight ends coach and special teams coordinator, coaching quarterbacks in his final season (2006-08). The Warriors football team won the California Community College State Championship in 2006 and won the Mission Conference twice during his tenure.

It was during his time at El Camino College that Canales forged an invaluable relationship with Pete Carroll and the USC staff through working as a part-time coach at the annual Pete Carroll football camps.

Canales began his career as the head frosh/soph football coach and offensive coordinator at his alma mater Carson High from 2004-05. The Colts won the Marine League championship both seasons.

He played wide receiver at Azusa Pacific University from 1999-2003 and was a two-time captain. He earned his degree in business administration in 2003.

Canales was a three-sport athlete at Carson High playing football, baseball and track. He was recognized as a scholar-athlete with a 4.08 GPA.

Born on May 7, 1981, in Harbor City, Calif., David and his wife, Lizzy, have four children, Ashby, Benjamin, Beatrice and Amaya.

NATE CARROLL

WIDE RECEIVERS

NFL EXPERIENCE: 11th YEAR **SEAHAWKS EXPERIENCE: 11th YEAR**

CARROLL'S COACHING CAREER

2011-12	**Seattle Seahawks**	**Defensive Assistant**
2013	**Seattle Seahawks**	**Offensive Assistant**
2014-17	**Seattle Seahawks**	**Asst. Wide Receivers**
2018-	**Seattle Seahawks**	**Wide Receivers**

Named to the Seahawks staff on July 26, 2010, Nate Carroll moved in to the coaching ranks in 2011 after spending the 2010 season as a personnel assistant in the scouting department.

With Dave Canales assuming quarterback coaching duties in 2018, Carroll leads the wide receivers room for a fourth year after being an assistant the previous four seasons (2014-17).

Last season, Tyler Lockett and DK Metcalf etched their names in the club's record books after becoming the second pair of 1,000-yard receivers in Seahawks history (Brian Blades and Joey Galloway in 1995). Lockett set a team record with 100 catches and 1,054 yards, the sixth player in club history to register back-to-back 1,000-yard seasons. Metcalf was voted to the Pro Bowl and named to the Associated Press All-Pro Team (second team), after setting a club record for most receiving yards in a season with 1,303. The duo gave Seattle two receivers with 10-plus touchdowns in a season for the second time in franchise history (Steve Largent and Daryl Turner in 1984).

Seattle's wide receivers in 2019 were led by a fifth-year veteran in Tyler Lockett and rookie in DK Metcalf. Lockett set a career-high with 1,057 yards and became the eighth player in franchise history to record a 1,000-yard season and first since Doug Baldwin in 2016. Metcalf moved directly in to the starting lineup and recorded the second-most receptions (58) by a rookie in franchise history and his receptions and 900 yards ranked second and third, respectively, in the NFL among rookie wide receivers. His 160 yards at Philadelphia in the Wild Card Game set the franchise postseason record and was the most receiving yards in a playoff game by a rookie in NFL history. His two-game postseason total of 219 yards are the third-most among rookies in NFL history.

With Baldwin slowed by injuries in 2018, it was Lockett who led the group with career-highs in catches (57), yards (965) and touchdowns (10, 6th NFL), while Baldwin was second on the team with 50 catches for 618 yards. When QB Russell Wilson targeted Lockett, he was 57 for 70 (81.4%) for 965 yards with 10 touchdowns and zero interceptions, good for a perfect 158.3

passer rating, a feat last accomplished in the 2009 season.

In 2017, Baldwin led the team for the fourth-consecutive season in catches and yards, with 75 receptions for 991 yards while adding eight touchdowns. He was also named to the Pro Bowl for the second year in a row.

Baldwin earned his first Pro Bowl appearance in 2016 after tying the franchise record with a career-high 94 receptions along with a career-high 1,128 yards, becoming the fifth player in franchise history to record back-to-back 1,000-yard seasons.

In 2015, Seattle's receivers helped Wilson lead the NFL with a 110.1 rating. Baldwin became Seattle's first 1,000-yard receiver since Bobby Engram in 2007 and led the NFL with 14 touchdown receptions, also a franchise-record. Jermaine Kearse recorded career-highs in receptions, yards and touchdowns while Lockett's 51 receptions tied Baldwin for the fifth-most in franchise history by a rookie.

Carroll moved in to a new role in 2013 as an offensive assistant, working alongside wide receivers coach Kippy Brown during Seattle's Super Bowl-XLVIII winning season. Brown's group helped Wilson become the first quarterback in NFL history with a 100-plus passer rating in each of his first two seasons (2012-13).

In his first two seasons on the Seahawks coaching staff as a defensive assistant, Carroll's primary responsibilities included video study of opponents, self-scouting, playbook production and assisting several coaches and defensive coordinator Gus Bradley.

A graduate of USC, he earned his degree in psychology in 2010. Carroll was a three-sport star at Peninsula High in Palos Verdes, Calif., earning Athlete of the Year honors in 2006, passing on playing college football to attend USC.

Born on March 24, 1987, in Edina, Minn., Nate is the youngest son of head coach Pete Carroll. Married to Anna, the couple has two sons.

AARON CURRY

DEFENSIVE ASSISTANT/LINEBACKERS

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

CURRY'S COACHING CAREER

2019	**Seattle Seahawks**	**Coaching Assistant**
2020-	**Seattle Seahawks**	**Defensive Assistant/Linebackers**

Aaron Curry officially joined the Seahawks coaching staff on March 11, 2020 after spending the 2019 as a coaching assistant.

Curry was the fourth overall selection by the Seahawks in the 2009 NFL Draft and played four seasons in the NFL. He played in 35 games with Seattle (2009-11) and 13 with the Oakland Raiders (2011-12), tallying 203 tackles (163 solo), 5.5 sacks, 12 passes defensed, four forced fumbles and four fumble recoveries, returning two for touchdowns.

Born on April 6, 1986, Curry started 49 of 51 games at Wake Forest was the recipient of the 2008 Butkus Award, given to the nation's top linebacker.

ANDRE CURTIS

DEFENSIVE PASSING GAME COORDINATOR

NFL EXPERIENCE: 16th YEAR **SEAHAWKS EXPERIENCE: 7th YEAR**

CURTIS' COACHING CAREER

2000-03	Virginia Military Institute	Linebackers
2004-05	Georgia Southern	Defensive Ends
2006-08	N.Y. Giants	Quality Control/Defense
2009-11	St. Louis Rams	Defensive Backs/Safeties
2012-14	New Orleans Saints	Asst. Secondary
2015	**Seattle Seahawks**	**Asst. Secondary/Safeties**
2016-17	**Seattle Seahawks**	**Defensive Backs**
2018-	**Seattle Seahawks**	**Defensive Passing Game Coordinator**

Hired by the Seahawks on March 25, 2015, Curtis joins his fourth NFL team after spending three seasons (2012-14) with the New Orleans Saints as assistant secondary coach.

Last season, S Jamal Adams and S Quandre Diggs represented the Seahawks secondary in the Pro Bowl. Adams set the NFL record for most sacks by a defensive back in a season and became the first defensive back to lead his team in sacks since 2011 (NO Roman Harper, 7.5). Diggs led the team with five interceptions (T4th NFL), the most since Earl Thomas recorded five in 2015. In total, Seattle intercepted 14 passes, helping Seattle rank tied for 10th in the NFL with 22 takeways.

The 2019 season saw CB Shaquill Griffin earn his first Pro Bowl appearance as an injury replacement as he posted a career-high 65 tackles (45 solo) and 13 passes defensed (14th NFL), CB Tre Flowers record a career-high three interceptions and the mid-season acquisition of S Quandre Diggs in a trade with Detroit. Diggs presence was immediately felt with veteran leadership and three interceptions, returning one for a touchdown.

By the end of the 2018 season, Seattle's secondary saw three new starters in the backfield in Flowers, S Bradley McDougald and S Tedric Thompson, teaming with CB Griffin. The secondary began the season with one player recording two interceptions in each of their first three games (McDougald at Denver, Griffin at Chicago, Earl Thomas vs. Dallas), the last time a team had a two-interception player in the first three games of a season was the 1976 Washington Redskins.

In 2017, S Thomas returned from a broken leg suffered in 2016 and was named All-Pro for the fifth time and a Pro Bowler for the sixth time in his career after recording 88 tackles (56 solo) and two interceptions, returning one for a touchdown. With Thomas' return, the group lost S Kam Chancellor (neck) and CB Richard Sherman (Achilles) for a majority of the season but saw the emergence of rookie CB Griffin, who became a 10-game starter at right corner.

Sherman earned his fourth Pro Bowl nod with a team-leading four interceptions in 2016. He has 32 in his career and ranks fourth in franchise history, tied with Hall of Famer Kenny Easley.

In his first season with Seattle in 2015, the Seahawks secondary boasted three Pro Bowlers in Chancellor, Sherman and Thomas for the third-consecutive season as they helped Seattle rank second in total defense (291.8 ypg) and second in pass defense (210.3 ypg) in the NFL.

In New Orleans, Curtis worked with S Kenny Vaccaro and CB Keenan Lewis. Vaccaro was a PFWA All-Rookie selection as he led the secondary with 93 tackles while Lewis led the team with a career-high four interceptions in 2013.

Curtis was a defensive quality control coach for the N.Y. Giants from 2006-08 and the defensive backs/safeties coach for the St. Louis Rams from 2009-11 before joining the Saints. In 2011, the Rams finished seventh in the NFL in pass defense (206.7 ypg).

Prior to the NFL, he coached defensive ends at Georgia Southern (2004-05) and linebackers at his alma mater, Virginia Military Institute, from 2000-03.

While on the VMI staff, Curtis worked in the N.Y. Jets training camp in 2002, and in 2003, was with the Tampa Bay Buccaneers as a part of the NFL's Bill Walsh Minority Coaching Fellowship.

Curtis was a four-year letterwinner as a linebacker at VMI from 1996-99. He started 31 consecutive games and finished his career with 354 tackles, while earning second-team All-Southern Conference honors in 1998.

Curtis is a native of Beaverdam, Va. and has a bachelor's degree in economics and business from VMI.

AUSTIN DAVIS

QUARTERBACKS

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

DAVIS' COACHING CAREER

2019	**Seattle Seahawks**	**Offensive Assistant**
2020-	**Seattle Seahawks**	**Quarterbacks**

Austin Davis joined the NFL coaching ranks on February 22, 2019, after a seven-year NFL career playing for five teams. He enters his second year as quarterbacks coach after one year as an offensive assistant for Seattle.

In Davis' first season as quarterbacks coach, Russell Wilson continued to elevate his command of the offense, throwing for more than 4,000 yards for the fourth time in his career and setting franchise records for touchdown passes (40), completions (384) and completion percentage (68.8) in 2020. Wilson earned NFC Offensive Player of the Month for September and was voted to his eighth Pro Bowl. Wilson finished 2020 with 267 career touchdown passes, second only to Peyton Manning for most touchdown passes through a player's first nine seasons.

Davis, who served as Russell Wilson's backup in 2017, spent the 2018 season with the Tennessee Titans.

He started 10 of 16 career games played for St. Louis, Cleveland, Denver, Seattle and Tennessee, completing 236 of 378 passes for 2,548 yards, with 13 touchdowns and 12 interceptions.

He was drafted by the Boston Red Sox in the 2012 MLB Draft in the 31st round. His brother, Bo, played for the San Diego Padres.

Davis was born on June 2, 1989.

ANDY DICKERSON

RUN GAME COORDINATOR

NFL EXPERIENCE: 16th YEAR **SEAHAWKS EXPERIENCE: 1st YEAR**

DICKERSON'S COACHING CAREER

2003	Tufts University	Graduate Assistant
2006-08	New York Jets	Coaching Asst./Def. Quality Control
2009	Cleveland Browns	Quality Control/Defense
2010	Cleveland Browns	Assistant Offensive Line
2011	New York Jets	Coaching Assistant
2012-20	St. Louis/L.A. Rams	Assistant Offensive Line
2021-	**Seattle Seahawks**	**Run Game Coordinator**

Andy Dickerson joined the team on January 29, 2021, as the Seahawks run game coordinator. He spent the previous nine seasons with the Rams after serving in similar roles with the Cleveland Browns and New York Jets.

The Rams continued to rank in the top-10 in fewest sacks allowed in 2020, as the offensive line allowed the sixth-fewest (25) in the NFL. The o-line also helped RB Cam Akers to a successful rookie season. Akers finished the second half of the season with 110 carries for 477 yards and two touchdowns, plus a 171-yard performance that was the second-most by a Rams running back in franchise history.

Dickerson was influential in the success of L.A.'s ever-changing offensive line in 2019, which was forced to make adjustments throughout the season due to injury. Despite losing two starters, the unit went on to not allow a sack in a franchise-best six games while also allowing the fewest sacks in the league (22).

With the assistance of Dickerson in 2018, the Rams' offensive line was amongst the best in the league and featured the same starting five for all 16 games and three postseason games during Los Angeles' run to Super Bowl LIII.

Third-year QB Jared Goff was provided the time to throw for career highs in yards (4,688), touchdowns (32) and passer rating (101.1) in L.A.'s No. 2 ranked offense. For the second consecutive season, the Rams' O-line also ranked in the top 10 for fewest sacks allowed.

In 2017, the offensive line paved the way for one of the biggest offensive turnarounds in NFL history, helping the team improve from the 32nd-ranked scoring offense in 2016 to the league's top-scoring team the following year.

During the 2017 campaign, the offensive line provided time for Goff to have a break-out campaign and allowed RB Todd Gurley II to lead the league in total touchdowns (19) and scrimmage yards (2,093) en route to earning AP Offensive Player of the Year accolades.

Dickerson helped coach an offensive line that protected QB Case Keenum, who set career-highs in attempts, completions, completion percentage, passing yards and passing touchdowns in 2016.

For the third-consecutive year, the Rams boasted one of the NFL's top rookie runners in 2015. The Rams offensive line blocked for Offensive Rookie of the Year and rookie Pro Bowler Gurley to rush for 1,106 yards, which placed him third in the NFL in rushing yards. The Rams finished seventh in the NFL in rushing offense and allowed the fewest sacks in the league (18).

With the help of the St. Louis offensive line, RB Tre Mason finished second among all rookies and led the Rams with 765 rushing yards in 2015. As a team, St. Louis averaged 102.2 rushing yards per game, giving them at least 100 yards per game in each of Dickerson's three seasons with the Rams.

In 2013, St. Louis averaged 21.8 points per game, the club's highest point total since 2006, and the team's offensive line had a great impact on the team's play. RB Zac Stacy rushed for 973 yards, third-most by a rookie in team history. Over the last 11 games, only six NFL backs rushed for more yards than Stacy. In the passing game, the Rams allowed 36 sacks in 2014, the eighth lowest total in the NFL.

In his first season with the Rams, Dickerson helped guide an offensive line that allowed just 35 sacks after giving up 55 the previous year. St. Louis' offensive line was forced to deal with its share of adversity as nine different linemen started at least one game. The unit led the league in sacks allowed after seeing significant action from five rookies.

Dickerson spent the 2011 season with the Jets as a coaching assistant. He first broke into coaching as a member of their staff from 2006-08, with

coaching assistant and defensive quality control responsibilities. He also spent two years with the Cleveland Browns, serving as assistant offensive line coach in 2010 and defensive quality control in 2009.

Before joining the Jets staff, Dickerson worked in the operations department of the New England Patriots, first as an intern in 2004 and then on a full-time basis the following year. He began his NFL career with the Washington Football Team as a training camp intern in 2003 before spending that season as a graduate assistant on the offensive staff at Tufts University.

Dickerson played collegiate football at Tufts from 1999-2002. He also performed in the shot put, discus and hammer throw on the school's track & field squad. Before that, he was a three-sport captain in football, wrestling, and track and field at Tower Hill School in his hometown of Wilmington, Del.

THOMAS GARCIA

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

GARCIA'S COACHING CAREER

2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Thomas Garcia enters his third season in the Seahawks strength & conditioning department after spending his first six seasons with the club serving as a sport science specialist.

For the 2017-18 seasons, Garcia assisted the medical staff in the team's return-to-play process, developing end-stage rehabilitation strength programs and assisting in on-field conditioning programs for players returning to competition. Being duel credentialed as an ATC/CSCS and experienced in sport science has allowed Garcia to have a unique perspective in athletic development and performance.

His role is the re-conditioning and performance coordinator within the strength & conditioning program. He will assist in the planning and implementation of all re-conditioning needs for players in the end stages of rehabilitation using sports performance data to objectively evaluate progression and management. Garcia will also assist in the planning and implementation of all alternative on-field conditioning and weight room modifications and needs for injured or limited players.

JOHN GLENN

LINEBACKERS

NFL EXPERIENCE: 10th YEAR **SEAHAWKS EXPERIENCE: 10th YEAR**

GLENN'S COACHING CAREER

2006-08	North Carolina Wesleyan College	Linebackers
2010-11	University of Washington	Quality Control
2012-13	**Seattle Seahawks**	**Coaching Asst./Special Teams**
2014-15	**Seattle Seahawks**	**Quality Control/Defense**
2016	**Seattle Seahawks**	**Defensive Assistant**
2017	**Seattle Seahawks**	**Asst. Linebackers**
2018-	**Seattle Seahawks**	**Linebackers**

Hired on February 14, 2012, to be the team's special teams coaching assistant, Glenn moved to new roles in 2014 as quality control/defense coach, defensive assistant in 2016, assistant linebackers coach in 2017, and now leading the linebackers, being promoted before the 2018 season.

Glenn supports Ken Norton, Jr., who was named defensive coordinator in 2018.

Last season, Bobby Wagner became the first player in franchise history to record nine-consecutive 100-tackle seasons. Wagner was voted to the Pro Bowl for the seventh time and selected to the Associated Press All-Pro Team first team. It was Wagner's fifth year in a row and sixth time in his career being named to the first-team (second-team in 2015; seven total), adding to a total that was already the most in franchise history.

In 2019, Glenn's linebackers saw career years, as Bobby Wagner recorded the second-most tackles in franchise history with 159 (1st in NFL), trailing his own franchise record of 167, and K.J. Wright posted a career-high 132 tackles, the fifth 100-tackle season of his career.

He entered the league after spending two seasons (2010-11) as the University of Washington's quality control coach.

Glenn was a three-year letterwinner at linebacker and a starter on East Stroudsburg University's 2004 and 2005 NCAA playoff teams. He was also a two-year letterwinner in basketball in 2001-02 and 2002-03.

Born on July 20, 1981 in Scranton, Pa., Glenn and his wife, Leigh, have two sons, Nate and Luke.

CLINT HURTT

ASSISTANT HEAD COACH-DEFENSE/DEFENSIVE LINE

NFL EXPERIENCE: 8th YEAR **SEAHAWKS EXPERIENCE: 5th YEAR**

HURTT'S COACHING CAREER

2001-02	University of Miami	Strength & Cond. (volunteer)
2003-04	University of Miami	Graduate Assistant
2005	Florida International	Defensive Line
2006	University of Miami	Defensive Line
2007-09	University of Miami	Defensive Line/Recruiting Coord.
2010	Louisville	Defensive Line/Recruiting Coord.
2011-13	Louisville	Assoc. Head Coach/DL/Rec. Coord.
2014	Chicago Bears	Asst. Defensive Line
2015-16	Chicago Bears	Outside Linebackers
2017	**Seattle Seahawks**	**Defensive Line**
2018-	**Seattle Seahawks**	**Asst. Head Coach/Defensive Line**

Hired on March 16, 2017, Clint Hurtt joined Seattle after two years as the Chicago Bears outside linebackers coach (2015-16) and one year as the Bears assistant defensive line coach (2014).

Seattle's defensive line was boosted by the mid-season addition of Carlos Dunlap II in 2020, helping the Seahawks register an NFL-best 37.0 sacks over the final 10 regular season games. Dunlap II ranked fourth on the team with 5.0 sacks and third with 12 quarterback hits despite only playing only eight games.

In 2019, Jadeveon Clowney ranked 9th in the NFL with 16 tackles for a loss, and he scored two defensive touchdowns (one INT, one FR) while Rasheem Green led the team with 4.0 sacks.

Seattle's defensive line in 2018 saw a breakout year from DT Jarran Reed, as he posted career-highs in sacks (10.5, 3rd among NFL interior linemen), tackles (50) and quarterback hits (24). His 10.5 sacks were the third-most by a DT in franchise history, trailing only Hall of Famers Cortez Kennedy (14.0) and John Randle (11.0). Added to DE Frank Clark's career-high 13.0 sacks, the 23.5 combined sacks ranked fifth in the NFL and seventh in franchise history.

Hurtt's defensive line in 2017 was led by DE Michael Bennett (8.5 sacks) and DE Clark (9.0 sacks) for the second-consecutive season, as the two combined for 17.5 sacks, the fifth-most by a defensive end tandem in the NFL. Clark's total was one-off his career-high set in 2016.

Hurtt's 2015 linebacker corps of Lamarr Houston (career-high 8.0 sacks), Willie Young (6.5) and Pernell McPhee (6.0) were the only trio of linebackers in the NFL to have at least six sacks each. Hurtt helped both Houston and Young transition from ends in a 4-3 base defense to 3-4 outside linebackers.

In 2014, Young led the team with a career-high 10.0 sacks after totaling just six sacks in his first four seasons in the league with the Detroit Lions.

Prior to joining the Bears in 2014, Hurtt spent 13 years in the collegiate ranks coaching 14 NFL Draft picks during that time. From 2010-13, he worked as Louisville's defensive line coach/recruiting coordinator, adding the title of associate head coach from 2011-13. In 2013, Louisville's defense was tops in the nation in sacks (3.31), total defense (251.5 ypg), rushing defense (80.7 ypg) and third down defense (27.0%) and second in scoring defense (12.2 points per game).

Hurtt came to Louisville from Miami, his alma mater, where he worked as the team's defensive line coach from 2006-09, adding the title of recruiting coordinator in 2007. It was his second stint at his alma mater after beginning his coaching career as a volunteer strength and conditioning coach from 2001-02 before working as a graduate assistant with the Hurricanes from 2003-04.

In between stints at Miami, Hurtt spent the 2005 season at Florida International University as the Golden Panthers defensive line coach.

Hurtt was a three-year letterman at Miami (1997, 1999-2000) before his career ended prior to the 2001 season due to injury.

Born on November 7, 1978, Hurtt and his wife, Tanisha, have a daughter, Taylor, and son, Clayton.

BRAD IDZIK

QUALITY CONTROL-OFFENSE/ASSISTANT QUARTERBACKS

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

IDZIK'S COACHING CAREER

2014-18	Stanford University	Graduate Assistant
2019-20	**Seattle Seahawks**	**Asst. Wide Receivers**
2021-	**Seattle Seahawks**	**Quality Control-Off./Assistant QBs**

Brad Idzik joined the Seahawks staff on February 22, 2019, after five seasons as an offensive graduate assistant at Stanford University (2014-18).

Idzik attended Wake Forest, where he graduated in 2014 with a degree in mathematical business. He also minored in global trade & commerce after a sabbatical term studying politics and economics at Cambridge.

Idzik transferred to Wake Forest in 2011 following his freshman year at Lehigh. As a flanker on the Wake Forest football team, he made his collegiate debut in 2012 at Notre Dame.

He is the son of John Idzik, who served as Seattle's vice president of football administration from 2007 to 2012 before becoming the general manager of the New York Jets in 2013. He served as the special assistant to the general manager for the Jacksonville Jaguars from 2015-20. John played college football at Dartmouth while Idzik's grandfather, John Sr., was the head football coach at the University of Detroit in the 1960s and also held assistant coaching positions in the NFL, CFL and college football.

Idzik was born on October 20, 1991.

KERRY JOSEPH

ASSISTANT WIDE RECEIVERS

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

JOSEPH'S COACHING CAREER

2016-17	McNeese State	Co-Offensive Coordinator/WRs
2018	McNeese State	Co-Offensive Coordinator/QBs
2019	SE Louisiana State	Passing Game Coordinator/RBs
2020	**Seattle Seahawks**	**Offensive Assistant/Running Backs**
2021-	**Seattle Seahawks**	**Assistant Wide Receivers**

Kerry Joseph joined the Seahawks coaching staff on July 27, 2020, following four years coaching at the college level and a 19-year professional football career (1996-2014). He most recently served as the passing game coordinator/running backs coach for SE Louisiana State (2019).

Joseph opened his coaching career at his alma mater, McNeese State, where he spent three seasons as co-offensive coordinator (2016-18). In 2016 and 2017, his duties included working with the team's wide receivers, while he coached quarterbacks in 2018. He also served training camp internships with the New Orleans Saints and Tampa Bay Buccaneers.

A native of New Iberia, La., he joined the coaching ranks after a near two-decade professional career that saw him play in the NFL, CFL, NFL Europe and World League.

He spent the majority of his NFL career with the Seattle Seahawks (1998-01), playing in 56 games with 14 starts at safety from 1998-01. He posted 143 tackles, one sack and three interceptions in his four-year NFL career.

Following his time in the NFL, Joseph spent his playing career in Canada, excelling as a quarterback. During the 2007 season as a member of the CFL's Saskatchewan Roughriders, he was named the CFL's Outstanding Player, helping the Roughriders to their third Grey Cup in club history.

As a quarterback at McNeese State from 1992-95, Joseph led the Cowboys to 41 wins and three Southland Conference titles as a starter. During his time under center, McNeese won its first playoff game in school history (1992) and advanced to the national semifinals for the first time in 1995.

The Southland Conference and Louisiana Player of the Year as a senior, Joseph helped that 1995 Cowboys squad to a 13-1 record, as McNeese spent the majority of the season ranked No. 1 nationally. A 2012 Southland Conference Hall of Honor inductee and a member of the McNeese Sports Hall of Fame, Joseph threw for 7,874 yards and a school record 67 touchdown passes during his four years in Lake Charles.

Joseph was born on October, 4, 1973.

KELI'I KEKUEWA

ASSISTANT OFFENSIVE LINE

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

KEKUEWA'S COACHING CAREER

2015-16	Wake Forest	Offensive Line/Tight Ends
2017	University of Minnesota	Offensive Line/Tight Ends
2018	Henderson State	Offensive Line/Tight Ends
2019	Notre Dame	Graduate Assistant
2020	**Seattle Seahawks**	**Offensive Assistant**
2021-	**Seattle Seahawks**	**Assistant Offensive Line**

Kekuewa, who goes by the nickname "Chief," joined the staff on March 11, 2020, after spending the 2019 season as Notre Dame's offensive staff as a graduate assistant.

He began his coaching career at Wake Forest (2015-16) before moving on to the University of Minnesota (2017) and Henderson State University (2018), working mainly with the offensive line and tights ends at each program.

Kekuewa played two seasons at Bowling Green, starting all 27 games during the 2012-13 seasons. An All-Mid-American Conference center, Kekuewa was a key part of the Falcons' offensive unit that averaged over 34 points per game. BGSU finished 10-4 in 2013 including a win in the MAC Championship Game over Northern Illinois and a bowl bid to the Little Caesars Pizza Bowl.

The Keeau, Hawaii native was an Academic All-MAC selection in 2013. He spent his first two seasons at Arizona Western Junior College where he led the Matadors to an 11-1 record and a berth in the National Junior College Athletic Association championship game.

Born on December 2, 1992, he graduated from Bowling Green in May of 2014 with a degree in environmental studies and earned his masters in liberal studies from Wake Forest in December of 2016.

DAMIONE LEWIS

DEFENSIVE ASSISTANT/DEFENSIVE LINE

NFL EXPERIENCE: 2nd YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

LEWIS' COACHING CAREER

2020-	**Seattle Seahawks**	**Defensive Assistant/Defensive Line**

Lewis joined the Seahawks coaching staff on March 11, 2020. He most recently served as the Assistant Athletic Director of Football/Player Development for Florida International University for the 2019 season.

He played 10 seasons in the NFL, starting 65 of 101 games after being the 12th overall selection by the St. Louis Rams in the 2001 NFL Draft. He played for St. Louis (2001-05), Carolina (2006-09) and Houston (2010) and recorded 261 tackles (190 solo), 23.5 sacks, 15 passes defensed, four forced fumbles and five fumble recoveries in his career.

Born on March 1, 1978, Lewis majored in sociology at the University of Miami.

IVAN LEWIS

HEAD STRENGTH & CONDITIONING

NFL EXPERIENCE: 5th YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

LEWIS' COACHING CAREER

2002-03	University of San Diego	Strength & Conditioning Asst.
2004-05	San Diego Chargers	Strength & Conditioning Intern
2006-08	USC	Strength & Conditioning Asst.
2009-13	University of Washington	Head Strength & Conditioning
2014-18	USC	Head Strength & Conditioning
2019-	**Seattle Seahawks**	**Head Strength & Conditioning**

Ivan Lewis was announced as the head strength & conditioning coach on February 22, 2019 after five seasons (2014-18) at USC in the same capacity.

Lewis helped return USC to a Rose Bowl championship in 2016 and a Pac-12 Championship following the 2017 season.

Prior to USC, he spent five seasons in the Pacific Northwest (2009-13) as the head strength & conditioning coach at the University of Washington.

He worked directly with the Huskies football team and was named the 2013 Samson Equipment/American Football Monthly FBS Strength and Conditioning Coach of the Year.

He went to UW after three seasons (2006-08) as an assistant at USC under Chris Carlisle and helped the Trojans win three Pac-10 championships and Rose Bowls during his tenure.

Lewis began his NFL career with the San Diego Chargers (2004-05) interning in the strength department under the guidance of Dave Redding and Matt Schiotz, after spending two years (2002-03) at the University of San Diego, where he worked with the football team and other sports.

He was an assistant football coach and strength & conditioning coach at Mt. Si High School in Snoqualmie (Wash.) in 2000 and 2001.

He is a Certified Strength and Conditioning Specialist (CSCS) and is certified by USA Weightlifting (USAW).

Lewis graduated from Idaho in 2000 with a bachelor's degree in education and earned a master's degree in leadership studies, with a coaching emphasis, from San Diego in 2003.

He was born on September 14, 1978. He has one daughter, Dakota, and one son, D'Angelo.

PAT McPHERSON

TIGHT ENDS

NFL EXPERIENCE: 24th YEAR **SEAHAWKS EXPERIENCE: 12th YEAR**

MCPHERSON'S COACHING CAREER

1994-97	Bellarmine College Prep	Linebackers/Running Backs
1996	San Francisco 49ers	Quality Control/Defense (volunteer)
1998	Denver Broncos	Defensive Assistant
1999-02	Denver Broncos	Offensive Assistant
2003-06	Denver Broncos	Quarterbacks
2007-08	Denver Broncos	Tights Ends
2010-	**Seattle Seahawks**	**Tight Ends**

Named to his position on February 4, 2010, McPherson joined Seattle after 11 years with the Denver Broncos, most recently serving as their tight ends coach from 2007-08. Before being named to that position, he spent four years (2003-06) as quarterbacks coach for the Broncos and also served as an offensive assistant (1999-2002) and defensive assistant (1998).

In 2020, three different tight ends recorded at least 20 receptions for more than 200 yards. Will Dissly (24-251), Jacob Hollister (25-209), and Greg Olsen (24-239) helped the tight end group register 75 catches for 715 yards and six touchdowns. Dissly played in 16 games (10 starts) for the first time in his career. Olsen finished his career with 8,683 yards, fifth most by a tight end in NFL history.

McPherson's tight ends were again tested for depth in 2019 as Will Dissly again suffered a season-ending injury, this time an achilles, but not before logging 23 catches for 262 yards and four touchdowns. Jacob Hollister emerged as one of Russell Wilson's go-to targets by the end of the year and recorded career-highs in receptions (41), yards (349), and touchdowns (3) while playing in just 11 games with three starts. Luke Willson made a return to the Seahawks tight ends room, signing as a free agent during the season and adding eight catches for 79 yards.

McPherson's group's depth was tested in 2018 as fourth-round draft choice Will Dissly saw his season cut short due to a knee injury and offseason acquisition Ed Dickson sidelined for half of the season, leading tight end Nick Vannett to start nine of 15 games played and posting career-highs in catches (29), yards (269) and touchdowns (3). Dissly did make his mark in limited time, becoming the the first rookie tight end in NFL history to start his career with at least one touchdown and more than 40 yards receiving in back-to-back games during Weeks 1-2. Also, his 66-yard reception at Denver was the longest reception by a Seahawks rookie since Darrell Jackson (71 yards) in 2000.

Jimmy Graham enjoyed another Pro Bowl year in 2017 and re-wrote franchise records by a tight end in club history. It was Graham's fifth trip to the annual all-star game after hauling in 10 touchdown receptions, the second-most in the NFL and the most among tight ends in franchise history in a single-season. With 57 receptions for 520 yards and 10 touchdowns, those totals helped Graham become the franchise's all-time leader by a tight end in catches (170), yards (2,048) and touchdowns (18).

In 2016, McPherson helped Graham return from a torn patellar tendon and turn in a Pro Bowl season as he ranked second on the team with 65 receptions for 923 yards with six touchdowns.
Graham joined McPherson's group in 2015 but saw his season cut short after 11 games and 48 receptions for 605 yards and two touchdowns.

In their Super Bowl XLVIII winning season, Zach Miller and Luke Willson combined for 53 receptions for 659 and six touchdowns, with a career-high tying five coming from Miller.

In 2012, Miller and Anthony McCoy each had three touchdowns while Miller hauled in 38 passes for 396 yards and McCoy had career-highs in catches (18), yards (291) and touchdowns.

In Denver, McPherson's promotion to quarterbacks coach in 2003 coincided with the Broncos signing of Jake Plummer. Plummer's 39-15 regular-season record (.722) from 2003-06 with McPherson as his position coach marked the fourth-best winning percentage among all NFL signal callers. In addition, Plummer concluded his career with Denver as its all-time leader in passer rating (84.3).

In 2004, Plummer set a Broncos single-season record for passing yards (4,089) while tying the team's record for most touchdown passes (27) in a season and directing the AFC's No. 3 pass offense (249.9 ypg). Additionally, the signal-caller posted 499 passing yards against the Falcons (10/31/04) for the highest single-game total in franchise history.

Plummer took his game to new levels under McPherson in 2005, leading Denver to a 13-3 record, an AFC West title and a berth in the AFC Championship Game while throwing for 3,366 yards.

McPherson in 2006 helped ease rookie quarterback Jay Cutler's transition into the NFL as the first-round draft choice started Denver's final five games and made league history in the process. Cutler became the first rookie in NFL history and one of only two players in league annals to throw at least two touchdown passes in each of his first four games.

McPherson was hired by the Broncos following a four-year coaching stint at his high school alma mater, Bellarmine College Prep in San Jose, Calif. In addition to football, his duties included teaching English, algebra and physical fitness at the school.

During his tenure at Bellarmine, the football team compiled a record of 35-11, won three consecutive league titles and made one section championship appearance. He also gained valuable coaching experience volunteering with the San Francisco 49ers in 1996, serving in a defensive quality control capacity.

McPherson holds a bachelor's degree in English and an MBA from Santa Clara, where he captained the football team and was voted Most Inspirational Player as an inside linebacker during his senior season of 1992. He began his collegiate career in 1987 at UCLA, where he received the Charles Pike Award, which recognizes the school's outstanding freshman football player. McPherson signed with the 49ers as a rookie free agent in 1993.

His father, Bill McPherson, coached in the NFL for 21 years and worked as a personnel consultant for the San Francisco 49ers before retiring in February 2005.

McPherson was an all-state and All-America inside linebacker at Bellarmine College Prep and earned Scholar-Athlete of the Year honors as a senior. In April 2004, McPherson was inducted into Bellarmine's Athletic Hall of Fame.

McPherson worked with the National Multiple Sclerosis Society in Santa Clara, Calif., in 1994, organizing and implementing the chapter's largest fund-raising event, the 1994 MS Walk.

He was born on April 15, 1969, in Santa Clara, Calif. and has two sons, Jackson and Grayson.

CHAD MORTON

RUNNING BACKS

NFL EXPERIENCE: 13th YEAR **SEAHAWKS EXPERIENCE: 8th YEAR**

MORTON'S COACHING CAREER

2009	Green Bay Packers	Coaching Administrator
2010-13	Green Bay Packers	Special Teams Assistant
2014	**Seattle Seahawks**	**Asst. Special Teams**
2015-16	**Seattle Seahawks**	**Asst. RBs/Asst. Special Teams**
2017-	**Seattle Seahawks**	**Running Backs**

Hired on March 17, 2014, as assistant special teams coach, Morton joined the Seahawks after spending five seasons in the same role with the Green Bay Packers. In 2015, he began work with the running backs, and took charge of the running backs room in 2017.

Last season, Chris Carson was one of only three players (Kareem Hunt, Alvin Kamara) with four-plus touchdowns (5) and four-plus receiving touchdowns (4) despite playing only 12 games. Carson also set career highs in yards per attempt (4.8), catches (37), and receiving yards (287). Carlos Hyde, DeeJay Dallas and Travis Homer all played significant roles and Rashaad Penny returned to the field (at Washington, 12/20) for the first time in more than a year after suffering an ACL injury on 12/8/19.

In 2019, Chris Carson ranked 5th in the NFL in rushing yards with a career-high of 1,230 - his second consecutive 1,000 yard season - and added seven rushing touchdowns. He also recorded 37 receptions for 266 yards and three TDs before injuring his hip in week 16 and being placed on injured reserve. Morton's group also lost Rashaad Penny and C.J. Prosise to IR, forcing sixth-round pick Travis Homer to step up at the end of the season, in addition to the team re-signing Marshawn Lynch in week 17, who ended up scoring a touchdown in week 17 vs. the 49ers and then three more touchdowns in the playoffs.

In 2018, returning from a broken leg suffered in his rookie season, RB Chris Carson became Seattle's first 1,000-yard rusher since 2014 and just the sixth player in franchise history to accomplish the feat with a career-high 1,151 yards (5th NFL). Seattle's ground game ranked no. 1 in the league (160.0 ypg), rushing for 2,560 yards (third-most in franchise history) and was the fourth team in NFL history to have a 1,000-yard rusher (Carson) and three 300-yard rushers (Mike Davis, Rashaad Penny, QB Russell Wilson), becoming the first team since the 2001 Steelers.

In 2015, Morton helped the emergence of rookie Tyler Lockett become a first-team AP All-Pro as a return specialist. Lockett became the second player in NFL history (Hall of Famer Gale Sayers) to return a punt and kickoff for touchdowns and have five receiving touchdowns in a single-season. Lockett returned a kickoff 105 yards for a franchise-record and his 1,915 combined yards are the fourth-most in a season in franchise history, and his 139 punt return yards at Arizona set the club record.

Morton's contributions in Green Bay affected various aspects of the return game, where Randall Cobb was named a first alternate for the Pro Bowl as a kick returner in 2013. Cobb became the first player in NFL history to have 900-plus kickoff return yards (964) and receiving yards (954) in the same season.

Cobb was also named a Pro Bowl alternate and to the Pro Football Weekly/PFWA All-Rookie team for his efforts as the team's primary returner in 2011. He finished with 34 kickoff returns for 941 yards and a touchdown, and finished the season ranked second in the NFL (first among rookies) with a 27.7 average.

A seven-year NFL veteran as a player, Morton was a running back and kick/punt returner who began his career with New Orleans in 2000 as a fifth-round draft pick. Serving primarily as a returner as a pro, Morton tallied 5,401 career kickoff-return yards and three kick-return scores, as well as 1,431 career punt-return yards and one score, in 93 career games. He was selected as a Pro Bowl alternate as a returner in 2002 and 2005.

He is the only player in NFL history to return a kickoff for a touchdown in regulation and overtime in the same game (at Buffalo, 9/8/02) and joins Chicago's Dave Williams (at Detroit, 11/27/80) as the only players in NFL history to return a kickoff for a touchdown in overtime. In 2000 with the Saints, Morton tied the NFL single-game playoff record with 13 receptions against the Minnesota Vikings.

Morton was an All-Pac-10 selection at Southern California, where he served as the team's primary running back his final two seasons. He led the team with 1,141 yards and 15 touchdowns on 262 carries as a senior, and he ranks 12th on the Trojans' all-time rushing list with 2,511 career yards. He graduated from USC with a degree in sociology.

Born on April 4, 1977, in Torrance, Calif., Morton attended South High School, where he played running back and also ran track. His older brother, Johnnie, played wide receiver for 12 seasons (1994-2005) in the NFL, including eight with the Detroit Lions.

Morton and his wife, Tamra, have two sons, Avery and Aiden, and two daughters, Alexis and Ariella.

MARK PHILIPP

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

PHILIPP'S COACHING CAREER

2009-12	Oregon State	Strength & Conditioning Asst.
2013-14	USC	Strength & Conditioning Asst.
2015-17	University of Nebraska	Head Strength & Conditioning
2018	USC	Strength & Conditioning Asst.
2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Mark Philipp was announced as strength & conditioning assistant for the Seahawks on February 22, 2019, after spending one season at USC (2018) under current Seattle head strength coach Ivan Lewis.

Prior to USC, he spent three seasons (2015-17) serving as Nebraska's head football strength coach. Philipp assumed the role in January of 2015, shortly after Mike Riley was hired as the Cornhuskers head football coach. Philipp had previously worked with Riley as an assistant strength and conditioning coach at Oregon State.

Philipp made a strong impact on the Nebraska program. In 2016, the Huskers outstanding strength & conditioning was evident as Nebraska ranked among the nation's best teams in the fourth quarter.

A certified strength and conditioning specialist, Philipp is also a certified Level 1 Club Coach by USA Weightlifting, in addition to being certified in functional movement screening.

Philipp joined Nebraska after spending two years as an assistant strength & conditioning coach at USC. He was responsible for the design, implementation and supervision of the strength training, agility, speed work, conditioning and testing for the women's lacrosse team, while also assisting with all aspects of strength & conditioning for the football, women's basketball and sand volleyball programs.

Known for his contagious enthusiasm, Philipp was an assistant strength & conditioning coach at Oregon State from 2009-12. He spent four seasons working with coach Riley's football team, helping the Beavers to a pair of bowl appearances. In his final season, Philipp played a role in Oregon State finishing with a No. 20 national ranking. In addition to assisting with the football team, Philipp was in charge of coordinating the strength & conditioning programs for the Beavers men's basketball, wrestling, softball, women's volleyball, women's swimming and diving and women's golf teams.

While in Corvallis, Philipp also served as an assistant strength & conditioning coach for the Corvallis Knights baseball team for three summers, in addition to working as the director of strength & conditioning for the Oregon State Weight Lifting Camp from 2010 to 2013.

Philipp earned his bachelor's degree from Southern Illinois University in 2006, where he was a member of the football team. Philipp served as team captain in 2005, and he was twice named the defensive powerlifting champion.

He was born on November 12, 1982 in San Bernardino, Calif.

DESHAWN SHEAD

DEFENSIVE ASSISTANT/DEFENSIVE BACKS

NFL EXPERIENCE: 1st YEAR **SEAHAWKS EXPERIENCE: 1st YEAR**

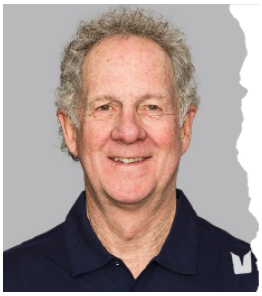
SHEAD'S COACHING CAREER

2021-	**Seattle Seahawks**	**Defensive Assistant/DBs**

DeShawn Shead joined Seattle as a defensive assistant on February 24, 2021, after an eight-year career in the NFL (Seattle Seahawks, 2012-17; Detroit Lions, 2018; New Orleans Saints, 2019). Shead was a part of Seattle’s Super Bowl XLVIII-winning team during the 2013 season.

He was originally signed by Seattle as an undrafted free agent out of Portland State in 2012. In seven seasons with Seattle (2012-17) and Detroit (2018), Shead played in 66 contests with 22 starts at cornerback and one at strong safety, recording career totals of 146 tackles (108 solo) one sack, two interceptions, 23 passes defensed, three forced fumbles, 25 special teams tackles, one blocked punt and one special teams forced fumble. In 10 postseason contests with three starts for the Seahawks, he had 11 tackles (seven solo), four passes defensed and five special teams tackles. He signed with New Orleans in December of 2019, but did not play in a game.

Proposed to his wife, Jessica, following the Seahawks overtime victory vs. the Denver Broncos at Lumen Field on September 21, 2014. They have two children, Savannah and Carson.



CARL SMITH

ASSOCIATE HEAD COACH

NFL EXPERIENCE: 32nd YEAR **SEAHAWKS EXPERIENCE: 9th YEAR**

SMITH'S COACHING CAREER

1971	Cal Poly-SLO	Graduate Assistant
1972	University of Colorado	Graduate Assistant
1973	University of Colorado	Linebackers
1974	University of Louisiana-Lafayette	Defensive Line
1975-76	University of Louisiana-Lafayette	Defensive Backs
1977-78	University of Louisiana-Lafayette	
1979-80	Lamar University	Offensive Coordinator/Quarterbacks
1981	Lamar University	Offensive Coordinator/Off. Line
1982	North Carolina State	Offensive Coordinator/Quarterbacks
1983	Philadelphia Stars (USFL)	Tight Ends/Special Teams
1984-85	Philadelphia/Baltimore Stars (USFL)	Quarterbacks/Wide Receivers
1986-96	New Orleans Saints	Offensive Coordinator/Quarterbacks
1997	New England Patriots	Assistant Head Coach/Quarterbacks
1998-99	New England Patriots	Tight Ends
2001-03	Cleveland Browns	Quarterbacks
2004	USC	Quarterbacks
2005-06	Jacksonville Jaguars	Offensive Coordinator
2007-08	Bartram Trail High School	Quarterbacks
2009-10	Cleveland Browns	Quarterbacks
2011-17	**Seattle Seahawks**	**Quarterbacks**
2018	**Seattle Seahawks**	**Associate Head Coach**
2019	Houston Texans	Quarterbacks
2020	Houston Texans	Offensive Consultant
2021-	**Seattle Seahawks**	**Associate Head Coach**

Carl Smith re-joined the Seattle staff on February 24, 2021, and enters his 32nd season as an NFL assistant coach. He returns after two years away from the Seahawks as he served as an assistant coach with the Houston Texans. He owns more than 42 years of overall coaching experience and has been a part of six division titles, two conference championships and won a Super Bowl.

As offensive consultant for Houston in 2020, Smith watch the league's fourth-ranked passing attack led by three-time Pro Bowler QB Deshaun Watson. Watson had a career-year in attempts (544), completions (382), completion percentage (70.22), yards (4,823), touchdowns (33), fewest interceptions (7) and passer rating (112.4). He also added 444 rushing yards, the second-most of his career. With his play, Watson qualified for the all-time NFL passer rating rankings and places second in NFL history in passer rating (104.5), home passer rating (106.8) and road passer rating (102.1).

In 2019, the Texans went 10-6 and captured the AFC South title. With Smith on staff, Watson directed a Texans offense that tied the team record for most total touchdowns scored (46) in a single season in team history (2009, 2012) and set franchise records for highest redzone touchdown percentage (64.2) and fewest three-and-outs (24). He was named to a second consecutive Pro Bowl after a stellar season that saw him win AFC Offensive Player of the Month in October and a franchise-record three player of the week awards.

Watson logged five games with over 250 passing yards and 40 rushing yards on the season, which led the NFL and tied Randall Cunningham (five in 1988) for the most in a season in NFL history. In Week 5 vs. Atlanta, Watson posted the highest quarterback rating by a player in a game in franchise history (158.3) and set a single-game career high with 426 passing yards. As a team, Houston scored the second-most points in a game (53) in franchise history and scored over 50 points for just the second time. His performance made him the first player to throw for at least 400 yards and five touchdowns with five-or-fewer incompletions in a single game in NFL history. He also tallied a franchise-record seven rushing touchdowns in 2019, which only trailed Bills QB Josh Allen among quarterbacks.

Smith previously served as the associate head coach of the Seattle Seahawks in 2018 after spending the prior seven seasons as the Seahawks quarterbacks coach (2011-17).

From 2012-17, Smith mentored Seahawks QB Russell Wilson to become one of the most successful quarterbacks in the NFL, winning Super Bowl XLVIII as the third-youngest starting quarterback in NFL history. Smith guided Wilson to 73 victories (regular season and postseason), which marks the most victories in a player's first six seasons in league history. Under Smith, Wilson threw the third-most touchdown passes (161) in a player's first six seasons in NFL history, trailing only Dan Marino and Peyton Manning.

Wilson became the first player in NFL history to record a 100.0 passer rating in each of his first two seasons in the league, and broke his own franchise record (101.2 rating in 2013) with a league-leading 110.1 passer rating in 2015. Wilson also became the first quarterback in NFL history with a winning record in each of his first six seasons.

In 2016, Wilson tied his career high and a Seahawks franchise record with 34 touchdown passes and had a hand in 37 of Seattle's 38 offensive touchdowns while being named to his fifth-career Pro Bowl. Wilson led Seattle to another double-digit win season while setting career highs in attempts (546), completions (franchise-record 353) and yards (franchise-record 4,219).

Wilson finished the final seven games of the 2015 season with a132.8 rating and became the only player in NFL history to pass for at least 24 touchdowns and have one or fewer interceptions in a seven-game span in a single-season. He became the first player in league history with 4,000 passing yards, 30 touchdown passes and 500 rushing yards in a single season.

Prior to joining the Seahawks, Smith spent two seasons as the Cleveland Browns quarterbacks coach from 2009-10, which marked his second stint with the Browns, having coached quarterbacks in Cleveland from 2001-03.

He spent 13 seasons as an offensive coordinator, last leading the Jacksonville Jaguars offense from 2005-06. In 2006, Jacksonville's offense ranked 10th in the NFL in total offense and third in rushing yards per game with an average of 158.8. In 2005, the Jaguars scored 361 points, 100 more than the previous season, and finished with a 12-4 record.

Prior to his time in Jacksonville, Smith worked with Seahawks Head Coach Pete Carroll in 2004 at the University of Southern California, where he mentored Heisman Trophy winner Matt Leinart and helped the Trojans win the National Championship.

Smith served as the assistant head coach/quarterbacks coach for the New England Patriots in 1997. Under Smith's tutelage, Patriots QB Drew Bledsoe completed more than 60 percent of his passes, threw for more than 3,700 yards and set career highs in touchdown passes (28) and passer rating (87.7) as he was voted to the Pro Bowl in 1997. Smith would later transition to the Patriots tight ends coach from 1998-99.

Smith began his NFL coaching career with the New Orleans Saints in 1986, serving as offensive coordinator/quarterbacks coach for 11 seasons. During that time, the franchise recorded its first-ever winning season, earned its first playoff berth, won its first division title and qualified for the postseason on four occasions.

Prior to the NFL, Smith was an assistant at the collegiate level for 12

seasons, with the final six as an offensive coordinator.

Smith lettered in football as a defensive back at California Poly-San Luis Obispo from 1969-70 after transferring from Bakersfield College where he played quarterback from 1966-67. He earned his bachelor's (1971) and master's (1972) degrees in physical education from Cal Poly.

A native of Wasco, Calif., Smith and his wife, Dianne, have three sons, Tracy, Tyler and Nicholas, two grandsons, Troy and Bo, and a granddaughter, Lane. Smith's son, Tracy, serves as Seattle's assistant special teams coach.

TRACY SMITH

ASSISTANT SPECIAL TEAMS

NFL EXPERIENCE: 13th YEAR **SEAHAWKS EXPERIENCE: 2nd YEAR**

SMITH'S COACHING CAREER

2004	Stephen F. Austin	Tight Ends/Video Coordinator
2005	LSU	Graduate Assistant/Offense
2006-08	Utah State	Tight Ends
2009-10	Cleveland Browns	Special Teams Assistant
2011	**Seattle Seahawks**	**Coaching Assistant**
2012-14	San Francisco 49ers	Special Teams Assistant
2015-17	Oakland Raiders	Assistant Special Teams
2018-19	Houston Texans	Assistant Special Teams Coordinator
2020	Houston Texans	Special Teams Coordinator
2021-	**Seattle Seahawks**	**Assistant Special Teams**

Tracy Smith re-joined the Seahawks staff on February 24, 2021, as assistant special teams coach after spending three seasons with Houston (2018-20), serving as the special teams coordinator for the Texans during the 2020 season. Smith was previously with Seattle in 2011 as a coaching assistant.

With Smith's help, the 2019 Texans turned in one of the best all-around special teams performances in team history. Behind standout coverage units, the Texans led the NFL and set the single-season franchise record in opponent punt return average, allowing just 3.4 yards per return, and also led the league in opponent field position after kickoffs. P Bryan Anger finished second in the NFL in net punting average (44.5) and led the NFL in percentage of punts pinned inside the 20-yardline (53.3 percent) and tied for the longest punt in franchise history with a 71-yarder in Week 4. Houston also had multiple field goal blocks in a season for the fourth time in team history (2003, 2011, 2013), tying the club record.

In Smith's first season in Houston in 2018, the Texans made a big leap in a number of special teams categories. Houston led the NFL in opponent starting field position with an average of the 25.5-yardline after finishing 26th in 2017. The Texans also ranked second in the NFL in starting field position (31.3) in 2018 after ranking 32nd the previous season. K Ka'imi Fairbairn led the NFL and set single-season franchise records in points scored (150) and field goals made (37). He became the first kicker to hit game-winning field goals in overtime in consecutive games (Weeks 4-5) since David Akers in 2000.

Smith spent three seasons coaching the Oakland Raiders (2015-17), with the special teams unit ranking fourth in punts inside of the 20-yard line (102), fifth in punting average (46.6), fifth in net punting average (41.3), eighth in kickoff return yards (2,540), ninth in punt returns (110) and 10th in punting yards (10,904) over that span.

In 2017, the Raiders finished fifth in the NFL in punting average (47.4) and seventh in opponent kickoff return average (19.9). K Giorgio Tavecchio became the first player to hit two 50-plus yard field goals on his debut in NFL history, earning AFC Special Teams Player of the Week in Week 1.

In 2016, Raiders K Sebastian Janikowski kicked three field goals of 50-or-more yards to become the NFL's all-time leader with 55 field goals at that distance. Janikowski also concluded the season with 414 career field goals, the ninth-most in NFL history, and moved into 10th on the NFL's all-time scoring list with 1,799 points scored. Smith also helped P Marquette King earn Associated Press All-Pro second-team honors after recording 81 punts for 3,937 yards (48.6 avg.) while placing 34 punts inside the 20-yard line.

In his first season in Oakland, Smith helped the special teams unit lead the league in kickoff return yards (1,268) and total return yards (1,540). The Raiders allowed only 22.7 yards per kickoff return, improving from 32nd in the league in 2014 to 13th in 2015.The team also blocked five combined extra points and field goals that season, tied for the most by any NFL team since 1995, and King set a franchise record by pinning 40 of his 83 punts inside of the 20-yard line.

Prior to joining the Raiders, Smith spent 2012-14 with the San Francisco 49ers, helping produce one of the top units in the NFL. During that time span, the 49ers ranked in the top 10 in field goals made (ninth, 86) and opponents punt return average (ninth, 8.3). San Francisco also ranked in the top five in net punting average (fourth, 41.3) and gross punting average (third, 47.5).

The 2013 49ers special teams unit ranked second in the NFL according to Rick Gosselin's annual special teams rankings. K Phil Dawson set a franchise record with 27 consecutive field goals made while producing a career-best 140 points, 44 extra points made and 32 field goals made.

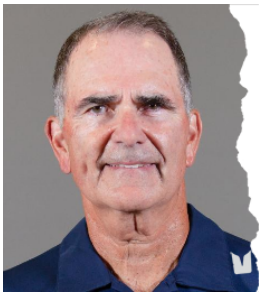
The 49ers fielded one of the strongest special teams units in the NFL in 2012. P Andy Lee led the NFL with a 43.2 net punting average while also ranking fifth in the league with a 48.0 punting average on his way to All-Pro honors.

Smith spent the 2011 season with the Seattle Seahawks as a coaching assistant. Prior to joining Seattle, Smith's first NFL experience came with the Cleveland Browns in 2010, where he helped Cleveland lead the NFL in kickoff coverage, finish fifth in punt coverage and sent KR Josh Cribbs to the Pro Bowl.

Before making the jump to the NFL, Smith coached tight ends at Utah State from 2006-08 and spent the 2005 season as the offensive graduate assistant at LSU, working with the team's quarterbacks.

Smith's first job in football came at Stephen F. Austin in 2004, where he worked with the tight ends in addition to serving as the team's video coordinator.

A native of Beaumont, Texas, Smith received a bachelor's degree in business while working for the athletic department's video staff at LSU. His father, Carl, is Seattle's associate head coach. Smith has a son, Troy, and he and his wife, Megan, are parents of one daughter, Lane, and a son, Bo.



MIKE SOLARI

OFFENSIVE LINE

NFL EXPERIENCE: 33rd YEAR **SEAHAWKS EXPERIENCE: 6th YEAR**

SOLARI'S COACHING CAREER

1976-77	Mission Bay High School	Offensive Line
1978	Mira Costa Junior College	Offensive Line
1979	U.S. International	Offensive Line
1980	Boise State	Offensive Line
1981-82	University of Cincinnati	Offensive Line
1983-85	University of Kansas	Offensive Line
1986	University of Pittsburgh	Offensive Coord./Off. Line
1987-88	Dallas Cowboys	Asst. Off. Line/Special Teams
1989	Phoenix Cardinals	Offensive Line
1990-91	University of Alabama	Offensive Line
1997-05	Kansas City Chiefs	Offensive Line
2006-07	Kansas City Chiefs	Offensive Coordinator
2008-09	**Seattle Seahawks**	**Offensive Line**
2010-14	San Francisco 49ers	Offensive Line
2015	Green Bay Packers	Asst. Offensive Line
2016-17	N.Y. Giants	Offensive Line
2018-	**Seattle Seahawks**	**Offensive Line**

Mike Solari returned to Seattle in 2018 where he coached the offensive line from 2008-09 after spending two years with the N.Y. Giants (2016-17). A line coach for most of his career, Solari has also coached tight ends and special teams, and been an offensive coordinator.

In Solari's 22 seasons serving as an NFL team's primary offensive line coach, his players combined for 25 Pro Bowl appearances and at least one of his players was selected to the Pro Bowl in 15 of those seasons.

Last season, Solari was able to mix youthful talent and veteran experience to build a cohesive unit that helped Seattle finish the season ranked in the top-10 in rushing yards per attempt (6th) and points per game (28.7) while scoring the most points in a season in franchise history (459).

In 2019, despite losing its top three running backs by the end of the season, Seattle's offense finished the season ranked in the top 10 in rushing yards per game (4th - 137.5), total yards per game (8th - 374.4), points per game (9th - 25.3) and rushing yards per attempt (10th - 4.6). Solari's line helped Chris Carson become the sixth player in franchise history to have back-to-back 1,000-yard rushing seasons, as he rushed for a career-high 1,230 yards, which ranked 5th in the NFL.

In 2018, the line was led by second-team All-Pro T Duane Brown as Seattle led the NFL in rushing with 2,560 yards, the third-most in franchise history, and helped second-year RB Chris Carson become Seattle's first 1,000-yard rusher since 2014, becoming the sixth player in franchise history to accomplish the feat with a career-high 1,151 yards. The Seahawks also became the fourth team in NFL history to have a 1,000-yard rusher (Carson) and three 300-yard rushers (Mike Davis, Rashaad Penny, QB Russell Wilson), becoming the first team to do so since the 2001 Steelers.

Injuries forced Solari to use seven different starting offensive line combinations in 2016, but still only allowed 22 sacks – five fewer than the Giants surrendered in 2015 – and the third-lowest total in the league after Oakland (18) and Pittsburgh (21).

Solari spent the 2015 season as the Green Bay Packers' assistant offensive line coach.

From 2010-14, he coached the San Francisco 49ers' offensive line. During that period, he helped the 49ers rank fifth in the NFL in rushing (132.1 yards per game) and sixth in yards-per-carry (4.47). San Francisco finished among the NFL's top five rushing teams in each of Solari's final three seasons there. During Solari's tenure with the 49ers, which included three consecutive NFC Championship Game appearances (2011-13) and a berth in Super Bowl XLVII, at least one of his linemen was selected to the Pro Bowl in four of his five seasons. Tackle Joe Staley earned Pro Bowl recognition four times (2011-14), while guard Mike Iupati was voted to play in the game three times (2012-14). In 2014, Solari's line helped the 49ers rank fourth in the NFL in rushing yards (136.0 yards a game), rushing average (4.63 yards a carry) and 10-yard runs (62).

In 2013, San Francisco ranked third in the NFL with 2,201 rushing yards, first in 20-yard runs (20) and fourth in rushing touchdowns (18). Staley was named second-team AP All-Pro and was selected to his third straight Pro Bowl. In 2012, San Francisco was one of just three teams to start the same five offensive linemen for every regular-season game, and each of the five starters was selected to the Pro Bowl as either a participant or an alternate. The 49ers ranked fourth in the league in rushing yards (2,491), and Solari's line earned the Madden Most Valuable Protectors Award.

Prior to joining the 49ers, Solari coached the offensive line for the Seahawks in 2008-09. Under Solari's direction, tackle Walter Jones was named to the Pro Bowl in 2008, Jones' final NFL season. Jones was inducted into the Pro Football Hall of Fame in 2014.

Solari was with the Kansas City Chiefs from 1997-2007, serving as the offensive line coach for his first nine seasons with the club (1997-2005) and as the offensive coordinator for the final two years (2006-07). He was one of just six assistant coaches in team history to record more than a decade of service with the franchise. In Solari's nine seasons tutoring the offensive line, the Chiefs ranked first in the NFL over that span in rushing touchdowns (191), fourth in rushing yards (126.8 yards per game), third in scoring (25.0 points per game) fifth in total offense (356.1 yards per game) and sixth in sacks allowed (278).

Solari's lines helped the Chiefs finish in the top five in the league in total offense in five consecutive seasons (2001-05), the only NFL club to accomplish that feat over that span, including No. 1 rankings in 2004 and 2005. At least one of Solari's linemen was named to the Pro Bowl in all nine of his seasons tutoring the group in Kansas City, including a trio of Pro Bowlers in 2004-05 in guards Will Shields and Brian Waters and tackle Willie Roaf. The Chiefs became the first club to accomplish that feat since Dallas had three linemen selected to the Pro Bowl each season from 1992-95.

Following their careers, Roaf and Shields were inducted in to the Pro Football Hall of Fame.

Solari did his first stint on the 49ers' staff from 1992-96, when he served as the team's tight ends/assistant offensive line coach. He was instrumental in the development of tight end Brent Jones, who was named to the Pro Bowl in four consecutive seasons (1992-95) and earned second-team All-Pro recognition in 1993-94. During Solari's tenure, the 49ers played in three straight NFC Championship Games (1992-94), and defeated the San Diego Chargers in Super Bowl XXIX.

Solari coached on Gene Stallings' staff at the University of Alabama from 1990-91, tutoring the offensive line and helping the Crimson Tide to an 11-1 record and a No. 5 ranking in the final AP poll in 1991. Solari also worked on Stallings' staff with the Phoenix Cardinals in 1989, when he helped guide tackle Luis Sharpe to a Pro Bowl selection.

Solari began his NFL coaching career with the Dallas Cowboys in 1987, serving as assistant offensive line/special teams coach for two seasons.

Solari's coaching career began in 1977 at Mission Bay (Calif.) High, followed by stints at Mira Costa Junior College (1978) and U.S. International (1979). He helped lead Boise State University to the NCAA Division I-AA Championship in 1980 and also coached on the collegiate level at the University of Cincinnati (1981-82), University of Kansas (1983-85) and

University of Pittsburgh (1986) before entering the NFL.

As a player, Solari was a two-time letterman as an offensive lineman (1975-76) at San Diego State University, where he was a teammate of former Chiefs head coach Herm Edwards and former Bears head coach John Fox. Solari began his collegiate career at the College of San Mateo (1973-74).

Born on January 16, 1955, Solari was born in Daly City, Calif. He and his wife, Patti, have three children, Tamara, Stephanie and Michael.

GRANT STEEN

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

STEEN'S COACHING CAREER

2009-13	University of Hawaii-Manoa	Strength & Conditioning Asst.
2013	University of Washington	Strength & Conditioning Asst.
2014-15	USC	Strength & Conditioning Asst.
2016	Stanford University	Strength & Conditioning Asst.
2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Grant Steen was hired on February 22, 2019, as the Seahawks strength & conditioning assistant coach.

He joined the Seahawks after two years at EXOS human performance in Florida and has also spent time with the University of Minnesota (2017), Stanford (2016), at USC with Seahawks head strength coach Ivan Lewis (2014-15), the University of Washington (2013) and the University of Hawaii-Manoa as a strength & conditioning assistant (2009-13).

At USC, Steen served as the football program's assistant strength and conditioning coach. He was responsible for the design and implementation of a comprehensive performance training program including all aspects of strength, power, speed, agility, plyometrics, position specific drills and position specific conditioning. Steen helped develop a corrective exercise protocol for injured players, and implemented recovery and regeneration modalities for all in-season and off-season training.

He is a certified strength and conditioning specialist (CSCS) by the National Strength and Conditioning Association (NSCA), is Sports Performance Certified by United States Weightlifting (USAW), and also a member of the Collegiate Strength & Conditioning Coaches Association (CSCCa).

During his playing career at the University of Iowa, the Hawkeyes were 31-18 and won the 2002 Big Ten title. He helped lead the Hawkeyes to two bowl games. Steen also established a single-game record with three interceptions in a 2002 win at Indiana, tying the NCAA record for linebackers.

After earning All-Big Ten honors at Iowa as a junior in 2002 and 2003 as an outside linebacker, Steen went to two training camps with the New England Patriots (2004-05), and played professionally with the Montreal Alouettes (2005-06) and Arizona Rattlers (2007).

Steen earned a bachelor's degree from Iowa in 2003 and a master's degree in education administration from Hawaii in 2013.

He was born on October 22, 1980, and he and his wife, Rebekah, have one son, Levi.

DANNY VAN DIJK

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 3rd YEAR **SEAHAWKS EXPERIENCE: 3rd YEAR**

VAN DIJK'S COACHING CAREER

2015-18	USC	Strength & Conditioning Asst.
2019-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Van Dijk was hired on March 1, 2019, as a strength & conditioning assistant following four seasons at USC (2015-2018) with current Seattle head strength coach Ivan Lewis.

Whilst at USC, he served as a strength & conditioning coach and sport science coordinator for the Trojans football team. He was responsible for devising and coordinating strategies for assessing and enhancing student-athlete readiness, performance and recovery as part of a comprehensive sports performance program.

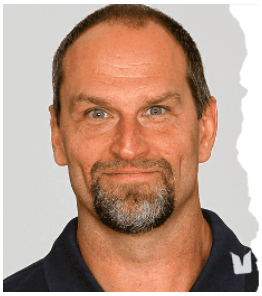
Van Dijk planned and implemented all strength and reconditioning programs for injured athletes during end stages of rehabilitation utilizing objective, historical and evidence based data and protocols. He also formulated all alternative on and off-field conditioning and weight room modifications for injured and limited athletes as well as working with the Trojan quarterbacks.

A native of Sydney, Australia, van Dijk was the head of strength & performance for the Eastern Suburbs Rugby Union Football Club and an assistant strength & conditioning coach for the New South Wales Waratahs Rugby Union Academy prior to his time at USC.

He is a certified strength & conditioning specialist (CSCS) and a registered strength & conditioning coach (RSCC) by the National Strength & Conditioning Association (NSCA), is Sports Performance Coach certified by United States Weightlifting (USAW), is certified in the Functional Movement Screen (FMS) assessment by Functional Movement Systems and also a member of the Collegiate Strength & Conditioning Coaches Association (CSCCa).

Van Dijk earned his bachelor’s degree in physical education from the Australian College of Physical Education in 2009 and his master’s degree in exercise science with an emphasis in strength & conditioning from Edith Cowan University in 2013.

He was born on November 20, 1987. His wife, Alyssa, is a physical education teacher and lacrosse coach.



JAMIE YANCHAR

STRENGTH & CONDITIONING ASSISTANT

NFL EXPERIENCE: 12th YEAR **SEAHAWKS EXPERIENCE: 12th YEAR**

YANCHAR'S COACHING CAREER

1985-91	University of Louisville	Graduate Assistant/Part-time Asst.
1986-88	Cleveland Browns	Volunteer/Part-time Strength Asst.
1990-91	Louisville Icehawks (ECHL)	Strength Consultant
1991-04	USC	Asst. Strength & Conditioning
1992-95	L.A. Rams	Asst. Strength Coach (volunteer)
1993-95	L.A. Lakers (NBA)	Strength Consultant
1993-96	The Mighty Ducks of Anaheim (NHL)	Strength & Conditioning Coord.
1997-99	L.A. Sparks (WNBA)	Strength Consultant
2005-09	USC	Head Asst., Strength & Cond.
2010-	**Seattle Seahawks**	**Strength & Conditioning Asst.**

Hired on February 4, 2010, Jamie Yanchar joined the Seahawks after 19 years of service in southern California, working with L.A.'s professional sports teams, including 19 years in USC's strength program.

Yanchar, who helped Seattle win Super Bowl XLVIII after 2013 and a return trip to Super Bowl XLIX, works alongside strength head man Ivan Lewis helping implement a regimen of mobility, stability, strength and power.

In his time at USC, he was responsible for designing and implementing strength and conditioning programs for baseball, football, women's tennis and volleyball.

He also contributed to USC's national championship teams in men's and women's water polo, women's track & field, men's tennis, women's volleyball, and back-to-back national football titles, as well as being a part of 13 college football bowl teams, with five Rose Bowl appearances.

Along with his USC duties, Yanchar worked for the L.A. Rams (1992-95) in a volunteer strength role, the L.A. Lakers (1993-95) as a strength consultant, the NHL's Mighty Ducks of Anaheim (1993-96) and the WNBA's L.A. Sparks (1997-99).

He first broke in to the NFL as a volunteer with the Cleveland Browns during his time as a graduate assistant at his alma mater, Louisville, where he earned his degree in exercise science in 1987. Yanchar earned his masters two years later in athletic management.

Born on December 29, 1963, in Cleveland, Ohio, he and his wife, Stephanie, have one son, Tjaden.

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Arnold, Dave	Special Teams	1995-97	Drake
Austin, Teryl	Defensive Backs	2003-06	Pittsburgh
Barrow, Micheal	Linebackers	2015-16	Miami
	Asst. Head Coach-Defense/LBs	2017	
Bates, Jeremy	Offensive Coordinator	2010	Rice
Beake, Chris	Quality Control-Offense	2008	Air Force Academy
	Offensive Assistant	2009	
Becker, John	Offensive Coord./WRs	1989-91	Cal State-Northridge
Bevell, Darrell	Offensive Coordinator	2011-17	Wisconsin
Board, Dwaine	Defensive Line	2003-08	North Carolina A&T
	Assistant Defensive Line	2015-17	
Boghosian, Sam	Offensive Coord./Off. Line	1976-77	UCLA
Bradley, Gus	Defensive Coordinator	2009-12	North Dakota State
Brasher, Tommy	Defensive Line	1992-98	Arkansas
Bratkowski, Bob	Wide Receivers	1992-94	Washington State
	Offensive Coord./WRs	1995-97	
	Offensive Coordinator	1998	
Brooks, Larry	Defensive Line	1999-2002	Virginia State
Brown, Dave	Defensive Coach	1992-98	Michigan
Brown, Kippy	Wide Receivers	2010-14	Memphis State
Butkus, Luke	Quality Control-Offensive Line	2010-11	Illinois
Cable, Tom	Asst. Head Coach/Off. Line	2011-17	Idaho
Canales, Dave	Quality Control-Offense	2010-12	Azusa Pacific
	Asst. QBs/Quality Control-Off.	2013-14	
	Wide Receivers	2015-17	
	Quarterbacks	2018-19	
	Offensive Passing Game Coord.	2020-	
Carlisle, Chris	Head Strength & Conditioning	2010-18	Chadron State
Carroll, Brennan	Asst. Offensive Line	2015-18	Pittsburgh
	Off. Scheme Specialist/Asst. OL	2019	
	Run Game Coordinator	2020	
Carroll, Nate	Defensive Assistant	2010-12	Southern California
	Offensive Assistant	2013	
	Assistant Wide Receivers	2014-17	
	Wide Receivers	2018-	
Carroll, Pete	Exec. VP & Head Coach	2010-	Pacific
Carter, Keith	Quality Control-Offense	2012-13	UCLA
Cash, Chris	Asst. Secondary/Cornerbacks	2015	Southern California
Casullo, Bob	Special Teams Coordinator	2005-06	Brockport St. (N.Y.)
Catlin, Tom	Asst. Head Coach/Def. Coord./LBs	1983-91	Oklahoma
	Asst. Head Coach/Defense	1992	
	Asst. Head Coach	1993	
	Quality Control	1994-95	
Christiansen, Jack	Defensive Backs	1978-82	Colorado State
Clark, Mike	Head Strength & Conditioning	2004-09	Ottawa University
Colquitt, Jerry	Offensive Quality Control	1999-2002	Tennessee
Cromwell, Nolan	Wide Receivers	1999-2007	Kansas
Curry, Aaron	Coaching Assistant	2019	Wake Forest
	Defensive Assistant/LBs	2020-	
Curtis, Andre	Asst. Secondary/Safeties	2015	Virginia Military Inst.
	Defensive Backs	2016-17	
	Defensive Passing Game Coord.	2018-	
Davis, Austin	Offensive Assistant	2019	Southern Mississippi
	Quarterbacks	2020-	
DeBord, Mike	Assistant Offensive Line	2008	Manchester College
	Tight Ends	2009	

Name	Responsibility	Years	College
DeHaven, Bruce	Special Teams Coordinator	2007-09	SW College (Kan.)
Dickerson, Andy	Run Game Coordinator	2021-	Tufts University
Donatell, Tom	Quality Control-Defense	2017-20	Iowa
Dunn, Kasey	Running Backs	2008-09	Idaho
Dyer, George	Defensive Line	1983-91	UC-Santa Barbara
Erickson, Dennis	Head Coach	1995-98	Montana State
Farwell, Heath	Coaching Assistant	2016	San Diego State
	Assistant Special Teams	2017	
Fisch, Jedd	Quarterbacks	2010	Florida
Flajole, Ken	Defensive Backs	1999, 2001-02	Pacific Lutheran
	Linebackers	2000	
Flores, Tom	Head Coach	1992-94	Pacific
Franklin, Jethro	Assistant Defensive Line	2018-19	Fresno State
Garcia, Thomas	Strength & Conditioning Asst.	2019-	Texas Tech
Gee, Mondray	Asst. Strength & Conditioning	2010-18	Michigan State
Gilbertson, Keith	Defensive Assistant	1996	Central Washington
	Tight Ends	1997-98	
	Offensive Consultant	2005	
	Assistant Offensive Line	2006-07	
	Wide Receivers	2008	
Gillespie, Bill	Asst. Strength & Conditioning	2003-04	Liberty
Glenn, John	Coaching Assistant	2012-13	E. Stroudsburg Univ.
	Quality Control-Defense	2014-15	
	Defensive Assistant	2016	
	Assistant Linebackers	2017	
	Linebackers	2018-	
Gray, Jerry	Defensive Backs	2010	Texas
Harriger, Will	Offensive Assistant	2014	Auburn
	Asst. QBs/Quality Control-Off.	2015	
	Assistant Quarterbacks	2016-18	
Harris, Chick	Running Backs	1983-91	Northern Arizona
Haskell, Gil	Offensive Coordinator	2000-06	San Francisco State
	Asst. Head Coach/Off. Coord.	2007-08	
Hawkins, Ralph	Defensive Backs	1983-88	Maryland
Headlee, Tom	Quality Control-Defense	2006-09	Washington State
Holland, Johnny	Asst. Special Teams & Strength	2000	Texas A&M
	Linebackers	2001-02	
Hollway, Bob	Defensive Coordinator/DBs	1976-77	Michigan
Holmgren, Mike	Head Coach	1999-08	Southern California
Houck, Hudson	Offensive Line	1992	Southern California
Hurtt, Clint	Defensive Line	2017	Miami
	Assistant Head Coach-Defense/DL	2018-	
Idzik, Brad	Assistant Wide Receivers	2019-20	Wake Forest
	Asst. QBs/Quality Control-Offense	2021-	
Izzo, Larry	Assistant Special Teams	2018-20	Rice
	Special Teams Coordinator	2021-	
Jackson, Milt	Wide Receivers	1998	Tulsa
James, Ned	Offensive Assistant	1995-96	New Mexico
	Defensive Assistant	1997	
Jamison, John	Special Teams Assistant	2005-08	California
Johnson, Jim	Linebackers	1998	Missouri
Johnston, Kent	Head Strength & Conditioning	1999-2003	Stephen F. Austin
Jones, Travis	Defensive Line	2013-16	Georgia
	Senior Defensive Assistant	2017	

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Joseph, Kerry	Offensive Assistant/RBs	2020	McNeese State
	Assistant Wide Receivers	2021-	
Kekuewa, Keli'i	Offensive Assistant	2020	Bowling Green
	Assistant Offensive Line	2021-	
Kennan, Larry	Offensive Coordinator/QBs	1992-94	LaVerne
Knapp, Greg	Offensive Coordinator	2009	Sacramento State
Knox, Chuck	Head Coach	1983-91	Juniata
Krein, Darren	Asst. Strength & Conditioning	1997-98	Miami
		2001-09	
Lal, Sanjay	Senior Offensive Assistant	2020	Washington
Lappano, Tim	Running Backs	1998	Idaho
Lauterbur, Frank	Defensive Line	1982	Mt. Union
Laveroni, Bill	Assistant Offensive Line	2001-03	California
	Offensive Line	2004-07	
Lazor, Bill	Quarterbacks	2008-09	Cornell
LeDuc, Dana	Strength & Conditioning	1995-98	Texas
Leggett, Earl	Defensive Line	1976-77	Louisiana State
Lewis, Damione	Defensive Assistant/Def. Line	2020-	Miami
Lewis, Ivan	Head Strength & Conditioning	2019-	Idaho
Lewis, Tim	Defensive Backs	2009	Pittsburgh
Lind, Jim	Linebackers	1999	Bemidji (Minn.) State
	Tight Ends	2000-08	
Lopez, Clayton	Defensive Quality Control	1999-2001	Nevada
	Defensive Asst./Secondary	2002-03	
Lovat, Tom	Offensive Line	1999-2003	Utah
MacDonald, Andy	Running Backs	1976-82	Central Michigan
McCormack, Mike	Head Coach	1982	Kansas
McMackin, Greg	Defensive Coordinator	1995-98	So. Oregon State
McPherson, Pat	Tight Ends	2010-	Santa Clara
Manning, Jr., Ricky	Assistant Defensive Backs	2016-17	UCLA
Manuel, Marquand	Assistant Special Teams	2012	Florida
	Defensive Assistant	2013-14	
Marmie, Larry	Defensive Asst./Secondary	2006-09	Eastern Kentucky
Marshall, John	Linebackers	2003-05	Oregon
	Defensive Coordinator	2006-08	
Matsumoto, Arnie	Staff Assistant	1989-95	Lewis and Clark
Meyer, Ken	Quarterbacks	1983-91	Denison
Meyers, Bill	Assistant Offensive Line	1998	Stanford
Michaels, Mark	Assistant Special Teams	2001-03	Connecticut
	Special Teams	2004	
Mitchell, Stump	Running Backs	1999-2007	Citadel
Moore, Steve	Wide Receivers	1983-85	UC-Santa Barbara
	Offensive Coordinator/WRs	1986-88	
Mora, Jim E.	Defensive Line	1978-81	Occidental
Mora, Jim L.	Asst. Head Coach/Secondary	2007-08	Washington
	Head Coach	2009	
Morgan, Chris	Assistant Offensive Line	2014	Colorado
Morton, Chad	Assistant Special Teams	2014-15	Southern California
	Asst. RBs/Asst. Special Teams	2016	
	Running Backs	2017-	
Moyer, Paul	Special Assignments	1990-91	Arizona State
	DBs/Assistant Special Teams	1992-94	

Name	Responsibility	Years	College
Mudd, Howard	Offensive Line	1978-82	Hillsdale
		1993-97	
Murphy, Mike	Linebackers	1995-97	Huron
Norton, Jr., Ken	Linebackers	2010-14	UCLA
	Defensive Coordinator	2018-	
Olson, Rich	Quarterbacks	1995-98	Washington State
Patera, Jack	Head Coach	1976-82	Oregon
Peccatiello, Larry	Linebackers	1976-77	William and Mary
	Defensive Coordinator/LBs	1978-80	
Perry, Rod	Defensive Backs	1989-91	Colorado
Phair, Mike	Assistant Linebackers	2008	Arizona State
	Assistant Defensive Line	2009	
	Defensive Assistant	2010	
Philipp, Mark	Strength & Conditioning Asst.	2019-	Southern Illinois
Prince, Robert	Wide Receivers	2009	Humboldt State
Prochaska, Ray	Offensive Coordinator/OL	1983-85	Nebraska
Purnell, Russ	Special Assignments	1986	Whittier
	Tight Ends/Asst. Special Teams	1987-91	
	Tight Ends/Special Teams	1992-94	
Quinn, Dan	Asst. Head Coach/Def. Line	2009	Salisbury State
	Defensive Line	2010	
	Defensive Coordinator	2013-14	
Raines, Frank	Strength & Conditioning	1990-94	George Mason
Reynolds, Gary	Off. Asst./Quality Control	2003-07	Texas A&M
Rhodes, Ray	Defensive Coordinator	2003-05	Tulsa
	Special Projects/Defense	2006-07	
Rhome, Jerry	QBs/WRs/TEs	1976-77	Tulsa
	Offensive Coord./QBs/WRs/TEs	1978-79	
	Offensive Coord./QBs/WRs	1980-82	
Richard, Kris	Assistant Defensive Backs	2010	Southern California
	Defensive Backs	2011-14	
	Defensive Coordinator	2015-17	
Roach, Dick	Defensive Assistant	1999-2000	Black Hills State
Robinson, Willy	Defensive Backs	1995-98	Fresno State
Rodriguez, Pete	Asst. Head Coach/Special Teams	1998	Western St. (Colorado)
	Special Teams Coordinator	1999-2003	
Rollins, Zerick	Defensive Assistant	2001	Texas A&M
	Defensive Line/Quality Control	2002-05	
	Linebackers	2006-09	
Ruel, Pat	Assistant Offensive Line	2010-19	Miami
Saleh, Robert	Quality Control-Defense	2011-13	Northern Michigan
Schneider, Brian	Special Teams Coordinator	2010-20	Colorado State
Schottenheimer, Brian	Offensive Coordinator	2018-20	Florida
Seto, Rocky	Quality Control-Defense	2010	Southern California
	Asst. Defensive Backs/Safeties	2011	
	Defensive Passing Game Coord.	2012-14	
	Asst. Head Coach/Defense	2015-16	
Shead, DeShawn	Defensive Assistant/DBs	2021-	Portland State
Shelmon, Clarence	Running Backs	1992-97	Houston
Sheppard, Mike	Quarterbacks	1999-2000	California Lutheran
Sherman, Mike	Offensive Coordinator	1999	Central Connecticut St.
Shimko, Steve	Offensive Assistant	2018	Rutgers
	Assistant Quarterbacks	2019	
Shurmur, Fritz	Defensive Coordinator	1999	Albion College (Mich.)
Sidwell, Steve	Defensive Coordinator	2000-02	Colorado

COACHES ALL-TIME ROSTER

Name	Responsibility	Years	College
Simpson, Jackie	Defensive Coord./LBs	1981-82	Mississippi
Smith, Carl	Quarterbacks	2011-17	Cal Poly-SLO
	Associate Head Coach	2018, 21-	
Smith, Gregg	Assistant Head Coach/TEs	1995-96	Idaho
	Assistant Head Coach/OL	1997	
	Offensive Line	1998	
Smith, Sherman	Running Backs	2010-16	Miami (Ohio)
Smith, Tracy	Coaching Assistant	2011	Louisiana State
	Assistant Special Teams	2021-	
Solari, Mike	Offensive Line	2008-09	San Diego State
	Offensive Line	2018-	
Sorensen, Nick	Assistant Special Teams	2013-15	Virginia Tech
	Asst. DBs/Asst. Special Teams	2016	
	Secondary	2017-19	
	Secondary & Nickel Specialist	2020	
Springer, Rod	Asst. Strength & Conditioning	1999-2002	Tarrleton State
Steen, Grant	Strength & Conditioning Asst.	2019-	Iowa
Stephenson, Kent	Offensive Line	1985-91	Northern Iowa
Tatupu, Lofa	Assistant Linebackers	2015-16	Southern California
Tillman, Rusty	Special Teams	1979-82	Northern Arizona
	Special Teams/TEs	1983-86	
	Special Teams/LBs	1987-91	
	Defensive Coordinator/LBs	1992-94	
Ulbrich, Jeff	Assistant Special Teams	2010-11	Hawaii
Valero, Art	Offensive Line	2010	Boise State
van Dijk, Danny	Strength & Conditioning Asst.	2019-	Australian Col. of PE
Vitt, Joe	Special Assignments	1982-91	Towson State
Waldron, Shane	Offensive Coordinator	2021-	Tufts University
Wash, Todd	Defensive Line	2011-12	North Dakota State
Yanchar, Jamie	Strength & Conditioning Asst.	2010-	Louisville
Yarber, Eric	Offensive Quality Control	1998	Idaho
Zorn, Jim	Offensive Assistant	1997	Cal Poly-Pomona
	Quarterbacks	2001-07	

PLAYERS ALL-TIME ROSTER

A

Player	Pos.	Years	GP	GS	College
Aboushi, Oday	G/T	2017	8	8	Virginia
Abramowitz, Sid	T	1984	4	0	Tulsa
Adams, Jamal	S	2020-	12	12	Louisiana State
Adams, Jamar	S	2008-09	7	0	Michigan
Adams, Phillip	CB	2011	1	0	South Carolina State
Adams, Sam	DT/DE	1994-99	89	66	Texas A&M
Adams, Theo	T	1992	10	0	Hawaii
Adkins, Sam	QB	1977-82	10	0	Wichita State
Agee, Tommie	FB	1988	16	0	Auburn
Ahrens, Dave	LB	1990	10	3	Wisconsin
Aiu, Charlie	G	1978	1	0	Hawaii
Alexander, D.J.	LB	2017	12	0	Oregon State
Alexander, Maurice	S	2018	9	0	Utah State
Alexander, Shaun	RB	2000-07	119	97	Alabama
Allen, Harvey	S	1987	2	2	Nevada-Las Vegas
Allen, RaShaun	TE	2014	1	0	Southern
Allert, Ty	LB	1990	1	0	Texas
Allred, Brian	CB	1993-94	4	0	Sacramento State
Alvarez, Wilson	K	1981	4	0	S.E. Louisiana
Amadi, Ugo	S	2019-	30	4	Oregon
Anderson, Eddie	S	1986	5	0	Fort Valley State
Anderson, Fredell	DE	1980-82	22	6	Prairie View A&M
Andrews, Ricky	LB	1990	15	0	Washington
Andrews, Stacy	T	2010	13	12	Mississippi
Andrews, Tom	C/G	1987	2	2	Louisville
Ansah, Ziggy	DE	2019	11	1	Brigham Young
Araguz, Leo	P	2005	4	0	Stephen F. Austin
Armstrong, Ray-Ray	LB	2020	2	0	Miami
Ashworth, Tom	T	2006-07	29	6	Colorado
Atkins, Baraka	DE	2007-08	21	0	Miami
Atkins, James	T/G	1994-97	49	37	S.W. Louisiana
August, Steve	T	1977-84	97	90	Tulsa
Avril, Cliff	DE	2013-17	67	55	Purdue

B

Player	Pos.	Years	GP	GS	College
Babin, Jason	DE	2007-08	4	0	Western Michigan
Babineaux, Jordan	CB	2004-10	99	29	Southern Arkansas
Bachman, Ted	CB	1976	5	0	New Mexico State
Baham, Curtis	CB	1987	3	0	Tulane
Bailey, Alvin	T	2013-15	42	8	Arkansas
Bailey, Dion	S	2014-15	2	1	USC
Bailey, Edwin	G/T	1981-91	139	120	South Carolina State
Bailey, Karsten	WR	1999-00	11	0	Auburn
Bailey, Rodney	DE	2005	8	0	Ohio State
Baker, Chris	TE	2010	16	13	Michigan State
Baldwin, Doug	WR	2011-19	123	90	Stanford
Ballard, Howard	T	1994-98	74	74	Alabama A&M
Balmer, Kentwan	DL	2010	16	11	North Carolina
Bannister, Alex	WR	2001-05	57	4	Eastern Kentucky
Barbay, Roland	NT	1987	5	0	Louisiana State
Barber, Michael	LB	1995-97	21	9	Clemson
Barbre, Allen	G	2010-11	7	0	Missouri-Southern
Barisich, Carl	DE	1976	14	7	Princeton
Barr, Robert	T	1996	*0	0	Rutgers
Barton, Cody	LB	2019-	32	4	Utah
Bass, David	DE	2017	2	0	Missouri Western State
Bates, Michael	WR	1993-94	31	1	Arizona
Bates, Phil	WR	2012-14	1	0	Ohio University
Bates, Solomon	LB	2003-04	17	3	Arizona State
Battle, Isaiah	T	2017	*0	0	Clemson
Beamon, Autry	S	1977-79	45	39	East Texas State
Bebout, Nick	T	1976-79	56	55	Wyoming
Beede, Frank	G	1996-00	46	8	Panhandle State
Beeson, Terry	LB	1977-81	77	67	Kansas
Bell, Coleman	TE	1996	*0	0	Miami
Bell, Marcus	LB	2000-02	45	9	Arizona
Bell, Mark	TE/DE	1979-80, 82	41	2	Colorado State
Bellamy, Jay	S	1994-00	98	55	Rutgers

PLAYERS ALL-TIME ROSTER

B

Player	Pos.	Years	GP	GS	College
Bellore, Nick	FB	2019-	30	1	Central Michigan
Bengen, Brant	WR	1987	3	0	Idaho
Benjamin, Tony	FB	1977-79	28	1	Duke
Bennett, Michael	DE	2009, 13-17	75	62	Texas A&M
Bentley, Kevin	LB	2005-07	43	5	Northwestern
Bernard, Rocky	DT	2002-08	103	55	Texas A&M
Bernard, Walter	CB	2002-03	1	0	New Mexico
Berry, Ray	LB	1993	8	2	Baylor
Berti, Tony	G/T	1998	*0	0	Colorado
Bickett, Duane	LB	1994-95	22	1	Southern California
Bierria, Terreal	S	2002-04	30	12	Georgia
Bigby, Atari	S	2010	15	2	Central Florida
Bitterlich, Don	K	1976	3	0	Temple
Blackmon, Harold	CB	2001-02	9	0	Northwestern
Blackmon, Robert	S	1990-96	106	96	Baylor
Blackshear, Jeff	G	1993-95	47	21	Northeast Louisiana
Blackwood, Lyle	S	1976	11	0	Texas Christian
Blades, Bennie	S	1997	10	9	Miami
Blades, Brian	WR	1988-98	156	122	Miami
Blair, Marquise	S	2019-	16	3	Utah
Bloedorn, Greg	G	1997-99	12	0	Cornell
Blue, Anthony	CB	1987	3	0	Nevada-Las Vegas
Bolcar, Ned	LB	1990	5	0	Notre Dame
Bolton, Andrew	RB	1976	5	2	Fisk
Boone, Alex	G	2020	1	0	Ohio State
Borchardt, Jon	G/T	1985-87	42	4	Montana State
Bosworth, Brian	LB	1987-89	24	24	Oklahoma
Boulware, Michael	S	2004-06	48	28	Florida State
Bouyer, Willie	WR	1989-90	1	0	Michigan State
Bowie, Michael	T	2013	9	8	Northeastern St. (Okla.)
Bowman, Barry	P	1987	1	0	Louisiana Tech
Bownes, Fabien	WR	1999-01	47	0	Western Illinois
Boyd, Dennis	DE/DT/T	1977-79, 81-82	59	27	Oregon State
Boyd, Jerome	LB	1983	5	0	Oregon State
Boykin, Trevone	QB	2016-17	5	0	Texas Christian
Bradford, Allen	LB	2012-13	2	0	Southern California
Bradley, Ed	LB	1976	14	14	Wake Forest
Branch, Alan	DT	2011-12	31	31	Michigan
Branch, Deion	WR	2006-10	51	40	Louisville
Brandon, David	LB	1993-94	20	0	Memphis State
Brilz, Darrick	G/C	1989-93	78	44	Oregon State
Brinson, Larry	RB	1980	8	0	Florida
Britt, Justin	C/G/T	2014-19	87	86	Missouri
Brock, Lou	CB	1988	1	0	Southern California
Brock, Raheem	DE	2010-11	32	0	Temple
Brooks, Jordyn	LB	2020-	14	7	Texas Tech
Brooks, Michael	DT	2013	1	0	East Carolina
Broussard, Steve	RB	1995-98	58	2	Washington State
Brown, Arnold	CB	1987	2	0	North Carolina Central
Brown, Bryce	RB	2015	3	0	Kansas State
Brown, Chad	LB	1997-04	107	107	Colorado
Brown, Dave	S/CB	1976-86	159	159	Michigan
Brown, Duane	T	2017-	53	53	Virginia Tech
Brown, Jaron	WR	2018-19	30	6	Clemson
Brown, Joe	DT	2001-02	2	0	Ohio State
Brown, Josh	K	2003-07	80	0	Nebraska
Brown, Marcus	CB	2010	1	0	Arkansas State
Brown, Reggie	FB	1996-00	62	10	Fresno State
Brown, Theotis	RB	1981-83	22	7	UCLA
Brown, Tony	CB	1994-95	29	5	Fresno State
Brown, Travis	QB	2000	1	0	Northern Arizona
Browner, Brandon	CB	2011-13	36	36	Oregon State
Bryant, Beno	RB	1994	2	0	Washington
Bryant, Cullen	FB	1983-84	19	5	Colorado

B

Player	Pos.	Years	GP	GS	College
Bryant, Jeff	DE/DT	1982-93	175	167	Clemson
Bryant, Red	DT	2008-13	64	55	Texas A&M
Bullard, Jonathan	DE	2020	6	0	Florida
Bullard, Louis	T	1978-80	36	15	Jackson State
Bumpus, Michael	WR	2008	4	1	Washington State
Burleson, Nate	WR	2006-09	46	32	Nevada
Burley, Marcus	CB	2014-15	26	1	Delaware
Burnham, Tim	T	1987-88	3	3	Washington
Burr-Kirven, Ben	LB	2019-	32	0	Washington
Burse, Tony	FB	1987	12	0	Middle Tennessee State
Bush, Blair	C	1983-88	82	78	Washington
Butler, Chuck	LB	1984	8	0	Boise State
Butler, Crezdon	CB	2015	1	0	Clemson
Butler, Deon	WR	2009-11	35	8	Penn State
Butler, Hillary	LB	1998	7	0	Washington
Butler, Keith	LB	1978-87	146	132	Memphis State
Butler, Ray	WR	1985-88	41	8	Southern California
Byrd, Dominique	TE	2011	1	0	Southern California

C

Cain, Joe	LB	1989-92, 97	68	13	Oregon Tech
Caldwell, Tony	LB	1987	1	1	Washington
Calitro, Austin	LB	2018	16	5	Villanova
Campbell, Jack	T	1982	1	0	Utah
Canty, Chris	CB	1999-00	26	2	Kansas State
Carlson, John	TE	2008-11	47	38	Notre Dame
Carpenter, James	T	2011-14	45	39	Alabama
Carr, Roger	WR	1982	9	2	Louisiana Tech
Carson, Chris	RB	2017-	45	44	Oklahoma State
Carter, Kerry	RB	2003-04	32	0	Stanford
Castor, Chris	WR	1983-84	23	0	Duke
Celestin, Oliver	S	2006	13	0	Texas Southern
Chadwick, Jeff	WR	1989-91	39	0	Grand Valley State
Chancellor, Kam	S	2010-18	109	93	Virginia Tech
Charlton, Ike	CB	2000-01	31	1	Virginia Tech
Childs, Jason	G	1993	*0	0	North Dakota
Chukwurah, Patrick	DE	2012	^1	0	Wyoming
Clancy, Sam	DE	1983	13	0	Pittsburgh
Clark, Bernard	LB	1991	2	0	Miami
Clark, Frank	DE	2015-18	62	33	Michigan
Clark, Greg	LB	1992	12	0	Arizona State
Clark, Louis	WR	1987-92	55	15	Mississippi State
Clarke, Ken	NT	1988	16	1	Syracuse
Clemons, Chris	DE	2010-13	62	59	Georgia
Clowney, Jadeveon	DE	2019	13	11	South Carolina
Clune, Don	WR	1976	9	1	Pennsylvania
Cochran, Antonio	DT	1999-04	84	32	Georgia
Coder, Ron	G	1976-77, 79	43	19	Penn State
Coe, Rodney	DT	2017	1	0	Akron
Coffield, Randy	LB	1976	13	0	Florida State
Coffman, Chase	TE	2015	37	3	Missouri
Cohen, Landon	DT	2014	^0	0	Ohio University
Colbert, Adrian	S	2019	*0	0	Miami
Colbert, Keary	WR	2008	7	4	Southern California
Cole, Colin	DT	2009-10	27	26	Iowa
Coleman, Andre	WR	1997	2	0	Kansas State-15
Coleman, Derrick	FB	2013-15	31	7	UCLA
Coleman, Justin	CB	2017-18	32	10	Tennessee
Collier, L.J.	DE	2019-	27	16	Texas Christian
Collins, Alex	RB	2016, 20-	13	1	Arkansas
Collins, Greg	LB	1976	13	0	Notre Dame
Collins, Mark	S	1998	9	0	Cal State-Fullerton
Colquitt, Jimmy	P	1985	2	0	Tennessee

PLAYERS ALL-TIME ROSTER

C

Player	Pos.	Years	GP	GS	College
Comeaux, Darren	LB	1988-91	50	39	Arizona State
Cook, Kerwin	WR	2001	*0	0	Tulane
Cooke, Bill	DE/DT	1978-80	34	3	Massachusetts
Cooper, Chris	DT	2006	*0	0	Nebraska-Omaha
Cooper, Marquis	LB	2006	1	0	Washington
Corley, Chris	TE	1987	1	0	South Carolina
Cortes, Julio	LB	1987	3	3	Miami
Cotton, Marcus	LB	1991	3	0	Southern California
Coutu, Brandon	K	2008	*0	0	Georgia
Covington, Tony	S	1995	11	0	Virginia
Cowlings, Al	DE	1976	1	0	Southern California
Cox, Kennard	CB	2010-11	23	0	Pittsburgh
Cox, Perrish	CB	2013	2	0	Oklahoma State
Coyle, Brock	LB	2014-16	35	5	Montana
Crawford, Rufus	RB	1978	16	0	Virginia State
Croel, Mike	DE	1998	11	0	Nebraska
Cronan, Peter	LB	1977-79, 81	50	3	Boston College
Crumpler, Carlester	TE	1994-98	69	31	East Carolina
Cryder, Bob	T	1984-86	32	25	Alabama
Cunningham, Ed	C	1996	11	3	Washington
Cunningham, T.J.	S	1996	9	0	Colorado
Curry, Aaron	LB	2009-11	35	30	Wake Forest
Curtis, Mike	LB	1976	14	14	Duke

D

Dallas, DeeJay	RB	2020-	12	2	Miami
Daniels, B.J.	QB/WR	2013-15	6	0	South Florida
Daniels, Darrell	TE	2018	9	2	Washington
Daniels, David	WR	1991-92	29	1	Penn State
Daniels, Phillip	DE	1996-99	60	41	Georgia
Darboh, Amara	WR	2017-18	16	0	Michigan
Darby, Alvis	TE	1976	1	0	Florida
Darby, Chuck	DT	2005-07	36	34	South Carolina State
Darche, Jean-Philippe	LS	2000-06	97	0	McGill (Canada)
Davis, Akeem	S	2015	1	0	Memphis
Davis, Anthony	LB	1993	10	0	Utah
Davis, Austin	QB	2017	3	0	Southern Mississippi
Davis, Brian	CB	1991-92	29	2	Nebraska
Davis, Chris	FB	2003-04	1	0	Syracuse
Davis, Dexter	DE	2010-11	16	0	Arizona State
Davis, Fred	CB	1987	1	1	Western Carolina
Davis, Harlan	CB	1991	0	0	Tennessee
Davis, Kellen	TE	2013	15	4	Michigan State
Davis, Mike	RB	2017-18	21	8	South Carolina
Davis, Russell	DT	2006	13	0	North Carolina
Davis, Tyree	WR	1997	14	1	Central Arkansas
Dawkins, Sean	WR	1999-00	32	29	California
Dawson, Paul	LB	2017	3	0	Texas Christian
Dean, Konrad	T	2002	*0	0	Akron
Dean, Vernon	S	1988	16	0	San Diego State
Dee, Donnie	TE	1989	3	3	Tulsa
Demarie, John	G	1976	9	8	Louisiana State
DeVita, Rob	LB	1987	1	0	Illinois Benedictine
Dickenson, Dave	QB	2002	0	0	Montana
Dickson, Ed	TE	2018-19	10	1	Oregon
Dickson, Michael	P	2018-	48	0	Texas
Dietrich-Smith, Evan	G	2010	*0	0	Idaho State
Diggs, Quandre	S	2019-	21	21	Texas
Dilfer, Trent	QB	2001-04	22	12	Fresno State
Dion, Terry	DE	1980	9	2	Oregon
Dissly, Will	TE	2018-	26	22	Washington
Dixon, Zachary	RB	1983-84	26	2	Temple
Dobbs, Demarcus	DE	2014-15	15	0	Georgia

D

Player	Pos.	Years	GP	GS	College
Dodge, Dedrick	S	1991-92	25	0	Florida State
Donaldson, Ray	C	1993-94	32	32	Georgia
Donnelly, Rick	P	1990-91	19	0	Wyoming
Doornink, Dan	FB/RB	1979-85	92	44	Washington State
Dorning, Dale	DE	1987	3	3	Oregon
Dorris, Andy	DE	1977	4	1	New Mexico State
Dorsett II, Phillip	WR	2020	*0	0	Miami
Dove, Wes	DE	1987	2	0	Syracuse
Duckett, Forey	S	1994	2	0	Nevada
Duckett, T.J.	RB	2008	16	0	Michigan State
Dufek, Don	S	1976-77, 79-84	95	6	Michigan
Dugan, Bill	G	1981-83	40	5	Penn State
Dunbar, Quinton	CB	2020	6	6	Florida
Dunlap II, Carlos	DE	2020-	8	6	Florida
Durham, Kris	WR	2011	3	0	Georgia
Dyson, Andre	CB	2005	10	5	Utah

E

Easley, Kenny	S	1981-87	89	87	UCLA
East, Ron	DT	1977	14	14	Montana State
Eaton, Chad	DT	2001-02	32	32	Washington State
Edmonds, Bobby Joe	RB/KR	1986-88	42	0	Arkansas
Edmunds, Ferrell	TE	1993-94	23	23	Maryland
Edwards, Antonio	DE	1993-97	51	24	Valdosta State
Edwards, Braylon	WR	2012	10	1	Michigan
Edwards, Randy	DE/NT	1984-87	52	4	Alabama
Eisenhooth, John	NT	1987	1	0	Lock Haven
Eisenhooth, Stan	C	1987-88	13	0	Towson State
Eller, Carl	DE	1979	16	8	Minnesota
Ellerbee, Emmanuel	LB	2018-20	4	0	Rice
Elliott, DeAndre	CB	2016-17	13	0	Colorado State
Eloms, Joey	CB	1998-99	6	0	Indiana
Engles, Rick	P	1976-77	15	0	Tulsa
Engram, Bobby	WR	2001-08	109	67	Penn State
Essink, Ron	T	1980-85	83	70	Grand Valley State
Evans, Doug	CB	2002-03	18	0	Louisiana Tech
Evans, Heath	FB	2001-04	61	1	Auburn
Evans, Norm	T	1976-78	38	25	Texas Christian
Evans, Russell	WR	1987	1	0	N.E. Missouri State

F

Fairbanks, Don	DE	1987	3	3	Colorado
Fanaika, Paul	G	2010-11	3	0	Arizona State
Fangupo, Hebron	DT	2012	1	0	Brigham Young
Fanning, Mike	DE	1984	16	0	Notre Dame
Fant, George	T	2016-19	46	20	Western Kentucky
Farmer, George	RB	2015-16	2	0	USC
Farrell, Sean	G	1992	6	0	Penn State
Farwell, Heath	LB	2011-14	43	0	San Diego State
Fauria, Christian	TE	1995-01	103	72	Colorado
Feagles, Jeff	P	1998-02	80	0	Miami
Feasel, Grant	C	1987-93	91	51	Abilene Christian
Fenner, Derrick	RB	1989-91	32	23	North Carolina
Fergerson, Duke	WR	1977-79	33	8	San Diego State
Fields, Scott	LB	1999	2	0	Southern California
Fifer, Bill	T	1979	*0	0	West Texas State
Finney, B.J.	C	2020	6	0	Kansas State
Finzer, Dave	P	1985	12	0	DePauw
Fisher, Bryce	DE	2005-07	33	31	Air Force Academy
Fisher, Travis	CB	2009	4	0	Central Florida
Flones, Brian	LB	1981-82	13	0	Washington State
Flowers, Tre	CB	2018-	42	37	Oklahoma State

PLAYERS ALL-TIME ROSTER

F

Player	Pos.	Years	GP	GS	College
Fluker, D.J.	G	2018-19	24	23	Alabama
Flynn, Matt	QB	2012	3	0	Louisiana State
Foley, Glenn	QB	1999	2	1	Boston College
Ford, Poona	DT	2018-	42	31	Texas
Forrest, Josh	LB	2017	2	0	Kentucky
Forsett, Justin	RB	2008-11	62	7	California
Fort, L.J.	LB	2014	1	0	Northern Iowa
Francis, A.J.	DT	2015	2	0	Maryland
Frank, Malcolm	CB	1992	15	0	Baylor
Franklin, Byron	WR	1985-87	33	1	Auburn
Franklin, Jethro	DE	1989	7	1	Fresno State
Freeney, Dwight	DE	2017	4	0	Syracuse
French, Rufus	TE	1999-00	*0	0	Mississippi
Frese, Nolan	LS	2016	16	0	Houston
Frier, Mike	DT	1994	2	0	Appalachian State
Friesz, John	QB	1995-98	21	11	Idaho
Frye, Brandon	T	2009	4	3	Virginia Tech
Frye, Charlie	QB	2007-08	2	1	Akron
Fuller, Curtis	S	2001-02	26	2	Texas Christian
Fuller, Kyle	C/G	2019-	9	1	Baylor
Fuller, Randy	CB	1999	2	0	Tennessee State

G

Player	Pos.	Years	GP	GS	College
Green, Boyce	RB	1987	2	2	Carson-Newman
Green, Howard	DT	2007-08	18	0	Louisiana State
Green, Jacob	DE	1980-91	178	176	Texas A&M
Green, Jessie	WR	1979-80	23	0	Tulsa
Green, Marcus	DT	2006	2	0	Ohio State
Green, Mike	S	2006	15	1	Northwestern State
Green, Paul	TE	1992-94	35	23	Southern California
Green, Rasheem	DE	2018-	36	8	Southern California
Green, Sammy	LB	1976-79	60	44	Florida
Green, T.J.	S	2018	*0	0	Clemson
Green, Tony	KR	1979	11	0	Florida
Greene, Andrew	G	1998	4	0	Indiana
Greene, Danny	WR	1985	4	0	Washington
Greene, David	QB	2005-06	*0	0	Georgia
Gregory, Bill	DE/DT	1978-80	47	43	Wisconsin
Gresham, Clint	LS	2010-15	96	0	Texas Christian
Griffin, Shaquem	LB	2018-20	46	1	Central Florida
Griffin, Shaquill	CB	2017-20	57	53	Central Florida
Griffith, Justin	FB	2009	13	12	Mississippi State
Griffith, Russell	P	1987	2	0	Weber State
Guy, Winston	S	2012	2	0	Kentucky

G

Gaines, Greg	LB	1981, 83-88	88	43	Tennessee
Gallery, Robert	G	2011	12	12	Iowa
Galloway, Joey	WR	1995-99	71	67	Ohio State
Gamache, Vince	P	1986	16	0	Cal State-Fullerton
Ganther, Quinton	FB	2010	3	1	Utah
Garcia, Frank	P	1981	1	0	Arizona
Gardner, Rich	CB	2006	*0	0	Penn State
Garvin, Terence	LB	2017	15	3	West Virginia
Geathers, Clifton	DE	2010	*0	0	South Carolina
Geddes, Ken	LB	1976-78	36	25	Nebraska
Gelbaugh, Stan	QB	1992-96	13	9	Maryland
George, Jeff	QB	2002	0	0	Illinois
Giacomini, Breno	T	2010-13	40	33	Louisville
Gibson, Mike	G	2009-11	20	8	California
Gilbert, Gale	QB	1985-86	25	2	California
Gilliam, Garry	T	2014-16	44	30	Penn State
Glasgow, Nesby	S	1988-92	77	30	Washington
Glaze, Charles	CB	1987	3	2	South Carolina State
Glover, Kevin	C	1998-99	14	14	Maryland
Glowinski, Mark	G	2015-17	35	19	West Virginia
Goddard, Na'Shan	T	2008	2	0	South Carolina
Godfrey, Chris	G	1988	9	2	Michigan
Godfrey, Randall	LB	2003	15	14	Georgia
Goodman, Malliciah	DE	2016	1	0	Clemson
Gordon, Amon	DT	2010	1	0	Stanford
Gordon, Josh	WR	2019-20	5	1	Baylor
Gorrer, Danny	CB	2012	*0	0	Texas A&M
Grace, Jermaine	LB	2018	1	0	Miami
Graff, Neil	QB	1976	*0	0	Wisconsin
Graham, David	DE/NT	1982, 1987	6	2	Morehouse
Graham, Derrick	G	1996-97	25	25	Appalachian State
Graham, Jay	RB	2001	11	0	Tennessee
Graham, Jeff	QB	1993-94	*0	0	Long Beach State
Graham, Jimmy	TE	2015-17	43	39	Miami
Grant, Deon	S	2007-09	48	48	Tennessee
Grant, Will	C	1986	7	6	Kentucky
Gray, Carlton	CB	1993-96	53	45	UCLA
Gray, Chris	G/C	1998-08	158	145	Auburn
Gray, Oscar	FB	1996-97	9	0	Arkansas
Green, Ahman	RB	1998-99	30	0	Nebraska

H

Habib, Brian	G	1998-99	32	32	Washington
Hackett, D.J.	WR	2004-07	33	14	Colorado
Hackett, Dino	LB	1993	3	0	Appalachian State
Hagen, Mike	FB	1987	2	1	Montana
Hagler, Scott	K	1987	2	0	South Carolina
Hamdan, Gibran	QB	2006	*0	0	Indiana
Hamilton, Ben	G	2010	7	6	Minnesota
Hamlin, Ken	S	2003-06	54	52	Arkansas
Hand, Norman	DT	2003	6	5	Mississippi
Hanks, Merton	S	1999	12	2	Iowa
Hannam, Ryan	TE	2002-05	52	5	Northern Iowa
Hanousek, Matt	T/G	1987	3	3	Utah State
Hansen, Don	LB	1976	2	0	Illinois
Harden, Michael	CB	2004-05	4	0	Missouri
Hardy, Andre	FB	1985	3	1	St. Mary's
Hardy, Darryl	LB	1997	2	0	Tennessee
Hardy, Robert	DT	1979-82	54	53	Jackson State
Hargrove, Anthony	DL	2011	15	0	Georgia Tech
Harmon, Kevin	RB	1988-89	9	0	Iowa
Harper, Dwayne	CB	1988-93	94	76	South Carolina State
Harris, Corey	CB	1995-96	32	32	Vanderbilt
Harris, DuJuan	RB	2015	2	0	Troy
Harris, Elroy	RB	1989	14	0	Eastern Kentucky
Harris, Franco	FB	1984	8	6	Penn State
Harris, John	S	1978-85	119	112	Arizona State
Harris, Richard	DE/DT	1976-77	28	24	Grambling
Harris, Ronnie	WR	1994-98	44	0	Oregon
Harrison, Damon	DT	2020	6	0	William Penn
Harrison, Martin	DE	1997	8	0	Washington
Hart, Penny	WR	2019-	13	0	Georgia State
Hart, Roy	NT	1988-89	16	1	South Carolina
Harvin, Percy	WR	2013-14	6	4	Florida
Hass, Mike	WR	2009	1	0	Oregon State
Hasselbeck, Matt	QB	2001-10	138	131	Boston College
Hauck, Tim	S	1997	16	0	Montana
Hauptmann, Caylin	T	2013	*0	0	Florida International
Hauschka, Steven	K	2011-16	96	0	North Carolina State
Hawthorne, David	LB	2008-11	61	41	Texas Christian
Hayes, Eric	DT	1990-91	21	3	Florida State
Haynes, Phil	G	2019-	2	0	Wake Forest

PLAYERS ALL-TIME ROSTER

H

Player	Pos.	Years	GP	GS	College
Heck, Andy	T/G	1989-93	77	70	Notre Dame
Helfet, Cooper	TE	2012-15	24	4	Duke
Heller, Ron	TE	1990, 92	32	16	Oregon State
Heller, Will	TE	2006-08	44	6	Georgia Tech
Henry, Chris	RB	2010	1	0	Arizona
Heppner, Kris	K	2000	4	0	Montana
Hernandez, Matt	T	1983	8	1	Purdue
Herndon, Kelly	CB	2005-06	28	22	Toledo
Herrera, Efren	K	1978-81	60	0	UCLA
Herring, Will	LB	2007-10	54	8	Auburn
Heslop, Gavin	CB	2020-	*0	0	Stony Brook
Hester, Devin	WR	2016	^0	0	Miami
Hicks, Mark	LB	1983	10	1	Arizona State
Hill, Lano	S	2017-20	42	6	Michigan
Hill, James	TE	2000	10	0	Abilene Christian
Hill, Jordan	DT	2013-15	27	1	Penn State
Hill, Leroy	LB	2005-12	97	89	Clemson
Hill, Matt	T	2002-03	27	2	Boise State
Hilliard, John	DE	2000-02	27	11	Mississippi State
Hines, Andre	T	1980	9	0	Stanford
Hire, Doug	C	1987	3	1	Linfield
Hitchcock, Bill	T/G	1991-94	51	39	Purdue
Hoaglin, Fred	C	1976	13	7	Pittsburgh
Hobbs, Daryl	WR	1997	10	0	Pacific
Hobbs, Kevin	CB	2007-08	20	0	Auburn
Hollie, Doug	DE	1987-88	5	0	Southern Methodist
Hollis, David	CB/S	1987-89	27	0	Nevada-Las Vegas
Hollister, Jacob	TE	2019-20	27	7	Wyoming
Homer, Travis	RB	2019-	25	1	Miami
Houser, Kevin	LS	2009	14	0	Ohio State
Houshmandzadeh, T.J.	WR	2009	16	16	Oregon State
Howard, Jaye	DT	2012	2	0	Florida
Howard, Ron	TE	1976-78	42	36	Seattle
Howell, John	S	2005	10	0	Colorado State
Huard, Brock	QB	1999-01	6	4	Washington
Hudson, Gordon	TE	1986	16	4	Brigham Young
Huff, Orlando	LB	2001-04	55	23	Fresno State
Hughes, David	FB	1981-85	69	27	Boise State

H

Player	Pos.	Years	GP	GS	College
Hughes, Van D	T	1987	1	1	Southwest Texas State
Hundley, Brett	QB	2018	*0	0	UCLA
Hunt, Joey	C	2016-19	34	11	Texas Christian
Hunter, Al	RB/FB	1977-80	53	5	Notre Dame
Hunter, John	G	1992	5	3	Brigham Young
Hunter, Patrick	CB	1986-94	120	99	Nevada-Reno
Hunter, Pete	CB	2006	^2	0	Virginia Union
Hunter, Wayne	T	2003	2	0	Hawaii
Hutchinson, Steve	G	2001-05	68	68	Michigan
Hyde, Carlos	RB	2020	10	1	Ohio State
Hyde, Glenn	C	1986	3	0	Pittsburgh

I

Ifedi, Germain	G/T	2016-19	60	60	Texas A&M
Innocent, Dou	WR	1996	4	0	Mississippi
Irvin, Bruce	DE	2012-15, 20	60	39	West Virginia
Irvin, Darrell	DE	1983	16	0	Oklahoma
Iupati, Mike	G	2019-20	26	25	Idaho
Ivory, Horace	RB	1981-82	12	0	Oklahoma

J

Jackson, Branden	DE	2017-20	36	4	Texas Tech
Jackson, Darrell	WR	2000-06	96	90	Florida
Jackson, Fred	RB	2015	16	0	Coe College
Jackson, Harold	WR	1983	15	6	Jackson State
Jackson, Joe	LB	1987	3	0	San Francisco State
Jackson, Lawrence	DE	2008-09	31	24	Southern California
Jackson, Michael	LB	1979-86	105	78	Washington
Jackson, Tarvaris	QB	2011, 13-15	23	14	Alabama State
Jackson, Terry	CB	1984-85	32	0	San Diego State
James, Edgerrin	RB	2009	7	0	Miami
James, Toran	LB	1998	*0	0	North Carolina A&T
Janikowski, Sebastian	K	2018	16	0	Florida State
Jeanpierre, Lemuel	C/G	2010-15	63	11	South Carolina
Jefferson, James	CB	1989-93	58	3	Texas A&I
Jefferson, Quinton	DT/DE	2016-19	39	24	Maryland
Jenkins, John	DT	2016	2	0	Georgia
Jenkins, Marcus	G	2000	*0	0	Central Florida
Jenkins, Melvin	CB	1987-90	60	20	Cincinnati
Jennings, Gary	WR	2019	*0	0	West Virginia
Jennings, Kelly	CB	2006-10	77	42	Miami
Jodat, Jim	FB	1980-81	28	18	Carthage
Joeckel, Luke	G/T	2017	11	11	Texas A&M
Johns, Paul	WR	1981-84	40	18	Tulsa
Johnson, Dustin	FB	1999	1	0	Brigham Young
Johnson, Greggory	CB	1981-83, 86	56	3	Oklahoma State
Johnson, Jeron	S	2011-14, 16	50	1	Boise State
Johnson, Johnnie	S	1989	3	1	Texas
Johnson, M.L.	LB	1987-89	37	9	Hawaii
Johnson, Norm	K	1982-90	134	0	UCLA
Johnson, Rishaw	G	2012	*0	0	California Univ. (Pa.)
Johnson, Tom	DT	2018	1	1	Southern Mississippi
Johnson, Tracy	FB	1992-95	63	15	Clemson
Jolley, Gordon	G/T	1976-77	26	15	Utah
Jones, Donnie	P	2004	6	0	Louisiana State
Jones, Ernie	CB	1976	9	3	Miami
Jones, Horace	DE	1977	1	0	Louisville
Jones, Jamarco	G/T	2018-	26	5	Ohio State
Jones, James	FB	1989-92	50	7	Florida
Jones, Jason	DE	2012	12	0	Eastern Michigan
Jones, Julius	RB	2008-10	31	24	Notre Dame
Jones, Mike	LB	1977	12	0	Jackson State

PLAYERS ALL-TIME ROSTER

J

Player	Pos.	Years	GP	GS	College
Jones, Mike	TE	1992	4	1	Texas A&M
Jones, Nazair	DT	2017-19	20	2	North Carolina
Jones, Rod	TE	1989	4	0	Washington
Jones, Selwyn	CB	1995-96	31	1	Colorado State
Jones, Walter	T	1997-09	180	180	Florida State
Joppru, Ben	TE	2006-07	18	0	Michigan
Jordan, Charles	WR	1999	4	1	Long Beach City College
Jordan, Dion	DE	2017-18	17	3	Oregon
Joseph, Kerry	S	1998-01	56	14	McNeese State
Joyce, Matt	G	1995	16	13	Richmond
Juma, Kevin	WR	1987	3	2	Idaho
Junior, E.J.	LB	1992-93	9	0	Alabama
Junkin, Trey	TE	1990-95	92	2	Louisiana Tech
Jurevicius, Joe	WR	2005	16	12	Penn State
Justin, Kerry	CB	1978-83, 86-87	105	35	Oregon State

K

Kacyvenski, Isaiah	LB	2000-06	90	22	Harvard
Kaiser, John	LB	1984-86	48	0	Arizona
Kane, Tommy	WR	1988-92	46	26	Syracuse
Kasay, John	K	1991-94	64	0	Georgia
Kashama, Alain	DE	2005	1	0	Michigan
Kasper, Kevin	WR	2002	3	0	Iowa
Kauahi, Kani	C	1982-86	60	5	Hawaii
Kaumeyer, Thom	S	1989-90	8	0	Oregon
Kearse, Jermaine	WR	2012-16	69	51	Washington
Keel, Mark	TE	1987	3	3	Arizona
Keim, Mike	T	1992-95	27	0	Brigham Young
Kelly, Jeff	QB	2002	*0	0	Southern Mississippi
Kelly, Maurice	S	2000-01	24	3	East Tennessee State
Kemp, Jeff	QB	1987-91	55	7	Dartmouth
Kendall, Pete	G	1996-00	76	75	Boston College
Kendricks, Mychal	LB	2018-19	18	17	California
Kennedy, Cortez	DT	1990-00	167	153	Miami
Kent, Jordan	WR	2008	9	1	Oregon
Kerney, Patrick	DE	2007-09	37	36	Virginia
Killens, Terry	LB	2002	3	0	Penn State
King, Akeem	CB	2017-19	29	4	San Jose State
King, David	DE	2014-15	7	0	Oklahoma
King, Jarriel	T	2011	1	0	South Carolina
King, Lamar	DE	1999-03	57	37	Saginaw Valley State
Kinlaw, Reggie	NT	1985-86	30	5	Oklahoma
Kirkland, Levon	LB	2001	16	16	Clemson
Kirtman, David	FB	2006	6	0	Southern California
Kitna, Jon	QB	1997-00	39	33	Central Washington
Konz, Jameson	LB	2010-11	1	0	Kent State
Koonce, George	LB	2000	16	16	East Carolina
Koutouvides, Niko	LB	2004-07	59	2	Purdue
Kraayeveld, Dave	DE/DT	1978	12	0	Milton
Krieg, Dave	QB	1980-91	129	116	Milton
Kuehn, Art	C/G	1976-82	98	33	UCLA
Kyle, Jason	LB	1995-98	48	0	Arizona

L

LaBounty, Matt	DE	1996-01	65	9	Oregon
Lacy, Eddie	RB	2017	9	3	Alabama
Lambert, Dion	S	1994-95	1	1	UCLA
Lane, Eric	FB/RB	1981-87	97	12	Brigham Young
Lane, Jeremy	CB	2012-17	70	21	Northwestern St. (La.)
Largent, Steve	WR	1976-89	200	197	Tulsa
Lattimore, Cedrick	DT	2020-	^0	0	Iowa
Laughton, Jim	TE	1986	6	0	San Diego State
Laury, Lance	LB	2006-09	56	0	South Carolina

L

Player	Pos.	Years	GP	GS	College
Lavine, Paul	LB	1987	3	1	Utah State
Le Bel, Harper	TE	1989	16	0	Colorado State
Lee, Ronnie	T	1990-92	34	21	Baylor
Levingston, Pep	DT	2011	4	0	LSU
Lewis, D.D.	LB	2002-06, 08-09	74	20	Texas
Lewis, Damien	G	2020-	16	16	Louisiana State
Lewis, Patrick	C	2014-15	17	13	Texas A&M
Lewis, Roy	CB	2009-11	33	1	Washington
Lewis, Will	CB	1980-81	26	0	Millersville State
Leypoldt, John	K	1976-78	25	0	No College
Lincoln, Jeremy	CB	1997	12	3	Tennessee
Lindell, Rian	K	2000-02	44	0	Washington State
Lindley, David	QB	1987	*0	0	Linfield
Lockett, Tyler	WR	2015-	95	71	Kansas State
Lockette, Ricardo	WR	2011, 13-15	34	1	Fort Valley State
Locklear, Sean	T	2004-10	96	78	North Carolina State
Logan, James	LB	1995-00	63	4	Memphis
Long, Doug	WR	1977-78	16	0	Whitworth
Longwell, Ryan	K	2012	^1	0	California
Losman, J.P.	QB	2010	*0	0	Tulane
Lotulelei, John	LB	2013	2	0	UNLV
Loville, Derek	RB	1990-91	27	1	Oregon
Luani, Shalom	S	2018	11	0	Washington State
Lucas, Ken	CB	2001-04, 09	78	53	Mississippi
Lumpkin, Kregg	RB	2012	*0	0	Georgia
Lurtsema, Bob	DE/DT	1976-77	27	25	Western Michigan
Lynch, Marshawn	RB	2010-15, 19	83	77	California
Lynch, Tom	G	1977-80	60	48	Boston College
Lytle, Matt	QB	2000	1	0	Pittsburgh

M

McAlister, Ken	S	1982-83	11	0	San Francisco
McBride, Tod	CB	2004	*0	0	UCLA
McCleary, Norris	DT	2002	*0	0	East Carolina
McCloughan, Dave	CB/S	1993-94	28	12	Colorado
McCoy, Anthony	TE	2010-15	35	14	Southern California
McCoy, Matt	LB	2010-11	18	1	San Diego State
McCrary, Fred	FB	2007	6	0	Mississippi State
McCrary, Michael	DE	1993-96	58	13	Wake Forest
McCray, Kelcie	S	2015-16	32	7	Arkansas State
McCullum, Sam	WR	1976-81	91	78	Montana State
McCutcheon, Lawrence	FB	1980	8	1	Colorado State
McDaniel, Terry	CB	1998	9	0	Tennessee
McDaniel, Tony	DT	2013-14, 16	48	39	Tennessee
McDonald, Andrew	T	2014	2	0	Indiana
McDonald, Clinton	DT	2011-13	44	2	Memphis
McDonald, Dewey	LB	2016-17	17	0	California Univ. (Pa.)
McDougald, Bradley	S	2017-19	47	39	Kansas
McElroy, Vann	S	1990	10	0	Baylor
McEndoo, Jason	C	1998	1	0	Washington State
McEvoy, Tanner	WR	2016-17	29	0	Wisconsin
McGrath, Mark	WR	1981	6	0	Montana State
McGrath, Sean	TE	2012	2	0	Henderson St. (Ark.)
McGwire, Dan	QB	1991-94	12	5	San Diego State
McIntosh, Chris	T	2000-01	24	13	Wisconsin
McIntosh, Damion	T	2009	10	2	Kansas State
McKenzie, Reggie	G	1983-84	24	22	Michigan
McKinney, Steve	C	2008	*0	0	Texas A&M
McKinnis, Hugh	FB	1976	11	5	Arizona State
McKissic, J.D.	RB	2016-18	19	1	Arkansas State
McKnight, James	WR	1994-98	60	7	Liberty
McMakin, John	TE	1976	12	1	Clemson
McMillan, Eddie	CB	1976-77	28	28	Florida State
McMillian, Henry	DE	1995-96	4	0	Florida

PLAYERS ALL-TIME ROSTER

M

Player	Pos.	Years	GP	GS	College
McMullen, Billy	WR	2008	4	2	Virginia
McNeal, Travis	TE	1989-91	48	24	Tennessee-Chattanooga
McQuistan, Paul	G/T	2011-13	48	40	Weber State
McShane, Charles	LB	1977-79	29	0	California Lutheran
McVeigh, John	LB	1987	3	3	Miami
Mack, Kim	S	1987	1	0	Florida State
Madden, Tre	FB	2016-18	22	6	USC
Magee, Terrence	RB	2016	2	0	Louisiana State
Mangiero, Dino	NT	1984	15	0	Rutgers
Manuel, Marquand	S	2004-05	31	11	Florida
Maragos, Chris	S	2011-13	42	0	Wisconsin
March-Lillard, Justin	LB	2017	1	0	Akron
Mare, Olindo	K	2008-10	48	0	Syracuse
Marinaro, Ed	FB	1977	2	0	Cornell
Marsh, Cassius	DE	2014-16	37	1	UCLA
Marshall, Brandon	WR	2018	7	2	Central Florida
Martin, Amos	LB	1977	2	0	Louisville
Martin, Charly	WR	2012	4	1	West Texas A&M
Martin, Jacob	LB	2018	16	0	Temple
Martin, Kelvin	WR	1993-94	32	29	Boston College
Martin, Ruvell	WR	2010	4	0	Saginaw Valley State
Mathison, Bruce	QB	1987	3	2	Nebraska
Mattes, Ron	T	1986-90	75	59	Virginia
Matthews, Al	S	1976	14	14	Texas A&I
Matthews, Chris	WR	2014-15	12	0	Kentucky
Mawae, Kevin	C/G	1994-97	62	59	Louisiana State
Maxwell, Byron	CB	2011-14, 17	54	23	Clemson
Maxwell, Vernon	LB	1989	9	7	Arizona State
May, Deems	TE	1997-99	47	0	North Carolina
Mayes, Derrick	WR	1999-00	28	23	Notre Dame
Mayes, Rueben	RB	1992-93	17	0	Washington State
Mayowa, Benson	DE	2013, 20-	15	9	Idaho
Mebane, Brandon	DT	2007-15	131	125	California
Merriman, Sam	LB	1983-87	71	1	Idaho
Metcalf, DK	WR	2019-	32	31	Mississippi
Metzelaars, Pete	TE	1982-84	34	13	Wabash
Michael, Christine	RB	2013-16	26	9	Texas A&M
Mili, Itula	TE	1998-06	114	43	Brigham Young
Millard, Bryan	G/T	1984-91	121	99	Texas
Millard, Keith	DT	1992	2	0	Washington State
Miller, Brandon	DE	2008	1	0	Georgia
Miller, Darrin	LB	1988-89	32	0	Tennessee
Miller, Donald	LB	1990	7	0	Idaho State
Miller, Keith	LB	2002	7	0	California
Miller, Terry	RB	1981	1	0	Oklahoma State
Miller, Zach	TE	2011-14	48	44	Arizona State
Milloy, Lawyer	S	2009-10	32	18	Washington
Milne, Brian	FB	1999	10	0	Penn State
Milton, KeaVon	G	2014	*0	0	Louisiana-Monroe
Mingo, Barkevious	LB	2018	16	14	Louisiana State
Minor, Vic	S	1980-81	20	0	Northeast Louisiana
Miranda, Paul	CB	2000-01	12	2	Central Florida
Mirer, Rick	QB	1993-96	55	51	Notre Dame
Mitchell, Brandon	DE	2002-04	34	8	Texas A&M
Mitz, Alonzo	DE	1986-89	40	7	Florida
Moeaki, Tony	TE	2014	6	2	Iowa
Moffitt, John	G	2011-12	17	15	Wisconsin
Mone, Bryan	DT	2019-	14	0	Michigan
Montgomery, Glenn	DT	1996	7	1	Houston
Moody, Michael	T	1994	*0	0	Southern California
Moody, Nick	LB	2015	3	0	Florida State
Moon, Warren	QB	1997-98	25	24	Washington
Moore, Alvin	RB	1987	1	0	Arizona State
Moore, Damontre	DE	2016, 20	14	0	Texas A&M
Moore, David	WR	2017-20	47	14	East Central (Okla.)

M

Player	Pos.	Years	GP	GS	College
Moore, Evan	TE	2012	14	1	Stanford
Moore, Jeff	RB	1979-81	32	3	Jackson State
Moore, Mark	S	1987	5	0	Oklahoma State
Moore, Rashad	DT	2003-04	30	18	Tennessee
Morgan, Mike	LB	2011-16	76	6	Southern California
Morrah, Cameron	TE	2009-12	26	6	California
Morris, Maurice	RB	2002-08	101	22	Oregon
Morris, Michael	LS	1990	4	0	N.E. Missouri State
Morris, Randall	RB	1984-88	61	2	Tennessee
Morton, Michael	RB	1987	2	0	Nevada-Las Vegas
Moss, Winston	LB	1995-97	46	46	Miami
Moten, Adrian	LB	2011	2	0	Maryland
Moyer, Paul	S	1983-89	98	30	Arizona State
Munson, Bill	QB	1976	6	0	Utah State
Murphy, Kevin	LB	1993	14	10	Oklahoma
Myer, Steve	QB	1976-80	13	4	New Mexico
Myers, Jason	K	2019-	32	0	Marist
Myles, DeShone	LB	1998-00	16	7	Nevada

N

Nash, Joe	DT/NT	1982-96	218	169	Boston College
Neal, Ryan	S	2019-	16	4	Southern Illinois
Nelson, Ralph	RB	1976	7	3	No College
Ness, Nate	CB	2010	1	1	Arizona
Newbill, Richard	LB	1990-92	10	0	Miami
Newton, Bob	G	1976-81	82	66	Nebraska
Nickerson, Parry	CB	2019	*0	0	Tulane
Niehaus, Steve	DE/DT	1976-78	36	20	Notre Dame
Nkansah, Elijah	T	2018	1	0	Toledo
Norman, Dennis	T	2001-04	1	0	Princeton
Norman, Joe	LB	1979-81, 83	50	10	Indiana
Norman, Todd	G	1995	*0	0	Notre Dame
Norwood, Kevin	WR	2014	9	1	Alabama
Nowak, Drew	C	2014-15	10	7	Western Michigan

O

O'Brien, Mike	S	1979	3	0	California
O'Callaghan, John	TE	1987	1	0	San Diego State
Obomanu, Ben	WR	2006-11	66	13	Auburn
Odhiambo, Rees	G/T	2016-17	15	7	Boise State
Ogbuehi, Cedric	T	2020-	8	4	Texas A&M
Okeafor, Chike	DE	2003-04	32	32	Purdue
Okung, Russell	T	2010-15	72	72	Oklahoma State
Olds, Bill	FB	1976	1	1	Nebraska
Olsen, Greg	TE	2020	11	8	Miami
Omiyale, Frank	T	2012	16	0	Tennessee Tech
Orns, Fred	LB	1987	2	0	Chapman College
Ott, Tyler	LS	2016-	64	0	Harvard
Overhauser, Chad	G	2000	*0	0	UCLA
Owens, John	TE	2009	16	2	Notre Dame
Owens, Rich	DE	2002	3	0	Lehigh

P

Packer, Walter	CB/KR	1977	10	0	Mississippi State
Palacio, Kache	LB	2016-17	1	0	Washington State
Palepoi, Anton	DE	2002-04	21	1	Nevada-Las Vegas
Pardridge, Curt	WR	1987	3	0	Northern Illinois
Parker, Riddick	DT	1997-00	51	19	North Carolina
Parker, Ron	CB	2011-12	4	0	Newberry College
Parkinson, Colby	TE	2020-	6	0	Stanford
Parks, Terrance	S	2014	1	0	Florida State
Parros, Rick	FB/RB	1985, 87	5	1	Utah State

PLAYERS ALL-TIME ROSTER

P

Player	Pos.	Years	GP	GS	College
Parry, Josh	FB	2006	8	0	San Jose State
Pawelek, Joe	LB	2010	1	0	Baylor
Payne, Logan	WR	2008	2	2	Minnesota
Pearman, Alvin	RB	2007	3	0	Virginia
Peets, Brian	TE	1978-79	25	14	Pacific
Penchion, Bob	G	1976	13	13	Alcorn A&M
Penny, Rashaad	RB	2018-	27	0	San Diego State
Perryman, Dean	C	1987	1	0	Washington
Person, Mike	T	2012-13	1	0	Montana State
Peterson, Julian	LB	2006-08	48	47	Michigan State
Peterson, Todd	K	1995-99	80	0	Georgia
Pierre-Louis, Kevin	LB	2014-16	34	1	Boston College
Pinkard, Josh	CB	2010	*0	0	Southern California
Pinkins, Eric	LB	2014-15	6	0	San Diego State
Pitts, Chester	G	2010	7	5	San Diego State
Plackemeier, Ryan	P	2006-08	33	0	Wake Forest
Pocic, Ethan	C/G	2017-	44	30	Louisiana State
Pollard, Marcus	TE	2007	14	10	Bradley
Pollard, Robert	DE	2005-06	1	0	Texas Christian
Polowski, Larry	LB	1979	14	0	Boise State
Polumbus, Tyler	T	2010-11	19	7	Colorado
Ponder, Willie	WR	2006	6	0	S.E. Missouri State
Pope, Troymaine	RB	2016	3	0	Jacksonville State
Porter, Rufus	LB	1988-94	98	67	Southern
Portis, Josh	QB	2011-12	*0	0	California Univ. (Pa.)
Powell, Alvin	G	1987-88	18	0	Winston-Salem State
Powell, Ronald	LB	2016	*0	0	Florida
Powell, Tyvis	S	2016	8	0	Ohio State
Pratt, Robert	G	1982-85	52	52	North Carolina
Preece, Steve	S	1977	14	14	Oregon State
Price, Ernie	DE	1978-79	16	15	Texas A&I
Pritchard, Mike	WR	1996-99	62	41	Colorado
Proehl, Ricky	WR	1995-96	24	7	Wake Forest
Prosise, C.J.	RB	2016-19	25	2	Notre Dame
Pruitt, Etric	S	2005	6	0	Southern Mississippi
Putzier, Jeb	TE	2008	6	1	Boise State

R

Rackley, Derek	LS	2006-07	20	0	Minnesota
Raible, Steve	WR	1976-81	83	8	Georgia Tech
Ramsey, Greg	DE	1987	2	0	Fresno State
Randall, Curtis	LB	2004	4	0	Louisiana Tech
Randall, Damarious	CB/S	2020-	10	0	Arizona State
Randle, John	DT	2001-03	43	35	Texas A&I
Rankin, Louis	RB	2009	9	0	Washington
Rawls, Thomas	RB	2015-17	34	17	Central Michigan
Rayhle, Fred	TE	1977	2	0	Tenn-Chattanooga
Redding, Cory	DE	2009	15	3	Texas
Reece, Geoff	C	1977	5	0	Washington State
Reece, Marcel	FB	2016	4	0	Washington
Reed, D.J.	CB	2020-	10	7	Kansas State
Reed, Jarran	DT	2016-20	72	63	Alabama
Reed, Kalan	CB	2018-19	*0	0	Southern Mississippi
Reed, Nick	DE	2009	16	0	Oregon
Rennaker, Terry	LB	1980	15	0	Stanford
Reynolds, Keenan	WR	2018	2	0	Navy
Rice, Jerry	WR	2004	11	9	Mississippi Valley State
Rice, Sidney	WR	2011-13	33	31	South Carolina
Richard, Kris	CB	2002-04	38	1	Southern California
Richards, Howard	T	1987	2	2	Missouri
Richardson, C.J.	S	1997	15	0	Miami
Richardson, Jay	DE	2010	7	0	Ohio State
Richardson, Kyle	P	1997	2	0	Arkansas State

R

Player	Pos.	Years	GP	GS	College
Richardson, Paul	WR	2014-17	47	19	Colorado
Richardson, Sheldon	DT	2017	15	15	Missouri
Ridgle, Elston	DE	1989	2	0	Nevada-Reno
Riley, Patrick	DT	1996	*0	0	Miami
Roberts, Ray	T	1992-95	57	46	Virginia
Robertson, Marcus	S	2001-02	27	27	Iowa State
Robertson, Travian	DT	2014	1	0	South Carolina
Robinson, Alton	DE	2020-	14	1	Syracuse
Robinson, Damien	S	2003-04	15	4	Iowa
Robinson, Eugene	S	1985-95	170	152	Colgate
Robinson, Jeff	LS	2007-09	21	0	Idaho
Robinson, Koren	WR	2001-04, 08	69	64	North Carolina State
Robinson, Michael	RB	2010-13	50	18	Penn State
Robinson, Rafael	S	1992-95	51	5	Wisconsin
Robinson, Shelton	LB	1982-85	56	35	North Carolina
Robinson, Will	T	2010	*0	0	San Diego State
Robinson, Zac	QB	2010	*0	0	Oklahoma State
Roche, Alden	DE	1977-78	21	12	Southern
Rodenhauser, Mark	LS	1999	8	0	Illinois State
Rodgers, Tyrone	DT	1992-94	37	0	Washington
Rodriguez, Ruben	P	1987-89	44	0	Arizona
Rogers, Charlie	RB/KR	1999-01	41	0	Georgia Tech
Romes, Charles	CB	1987	*0	0	North Carolina Central
Roos, Jordan	G	2017-19	14	0	Purdue
Ross, Dan	TE	1985	10	5	Northeastern
Ross, Gerard	CB	2006	^0	0	Florida State
Ross, Oliver	RB	1976	14	10	Alabama A&M
Rouen, Tom	P	2003-05	32	0	Colorado
Rubin, Ahtyba	DT	2015-16	32	32	Iowa State
Rush, Anthony	DT	2020	4	0	Alabama-Birmingham
Rusk, Reggie	CB	1997-98	2	0	Kentucky
Russell, Brian	S	2007-08	32	32	San Diego State
Ryan, Jon	P	2008-17	159	0	Regina

S

Sager, Ken	TE	1987	3	1	Western Washington
Saleaumua, Dan	DT	1997-98	27	15	Arizona State
Salisbury, Sean	QB	1986	*0	0	Southern California
Sandifer, Bill	DT	1977-78	16	15	UCLA
Sanford, Rick	S	1985	5	0	South Carolina
Sawyer, John	TE	1977-78, 80-82	65	39	Southern Mississippi
Scales, Dwight	WR	1984	4	0	Grambling
Scarbrough, Bo	RB	2018, 20	1	0	Alabama
Schilling, Stephen	C	2014	8	3	Michigan
Schmitt, Owen	FB	2008-09	30	2	West Virginia
Schmitt, Tyler	LS	2008	*0	0	San Diego State
Schofield, O'Brien	LB	2013-14	31	2	Wisconsin
Scholtz, Bruce	LB	1982-88	96	95	Texas
Schreiber, Adam	G	1984	6	0	Texas
Scobey, Josh	RB	2005-06	32	0	Kansas State
Scoggins, Ron	T	1987	3	0	Nevada-Las Vegas
Scruggs, Greg	DE	2012-14	11	0	Louisville
Seigler, Dexter	CB	1996-97	14	0	Miami
Sevy, Jeff	G/T	1979-80	19	5	California
Sharper, Jamie	LB	2005	8	8	Virginia
Shaw, Bobby	WR	1998	1	0	California
Shaw, Rickie	T	1993	*0	0	North Carolina
Shead, DeShawn	CB	2012-17	54	22	Portland State
Shell, Brandon	T	2020-	11	11	South Carolina
Sherman, Richard	CB	2011-17	105	99	Stanford
Siavii, Junior	DT	2010	14	6	Oregon
Siliga, Sealver	DT	2016	4	0	Utah
Simmons, Anthony	LB	1998-04	86	79	Clemson

PLAYERS ALL-TIME ROSTER

S

Player	Pos.	Years	GP	GS	College
Simmons, Jordan	G	2018-	20	9	Southern California
Simon, Tharold	CB	2013-16	11	5	Louisiana State
Simonson, Dave	T	1976	5	0	Minnesota
Simpson, Keith	CB/S	1978-85	108	70	Memphis State
Sims, David	FB/RB	1977-79	29	12	Georgia Tech
Sims, Jack	G	1987	3	2	Hawaii
Sims, Rob	G	2006-09	45	34	Ohio State
Sinclair, Michael	DE	1991-01	144	114	Eastern New Mexico
Singer, Curt	T	1986, 90-91	24	0	Tennessee
Skansi, Paul	WR	1984-91	100	2	Washington
Skow, Jim	DE	1991	11	1	Nebraska
Smith, D'Anthony	DT	2013-14	2	0	Louisiana Tech
Smith, Dallis	S	1987	3	3	Valdosta State
Smith, Darrin	LB	1998-99	28	27	Miami
Smith, Garrison	DT	2016-17	11	0	Georgia
Smith, Geno	QB	2019-	1	0	West Virginia
Smith, Kevin	WR	2015	7	1	Washington
Smith, Lamar	RB	1994-97	43	4	Houston
Smith, Malcolm	LB	2011-14	57	16	Southern California
Smith, Marcus	DE	2017	14	0	Louisville
Smith, Rod	RB	2015	1	0	Ohio State
Smith, Sherman	RB	1976-82	82	68	Miami, Ohio
Smith, Steve	FB	1994-95	25	7	Penn State
Smith, Tye	CB	2015	3	0	Towson
Snell, Donald	WR	1987	1	0	Virginia Tech
Sokoli, Kristjan	C	2015	2	0	Buffalo
Sowell, Bradley	T	2016	10	9	Mississippi
Spagnola, John	TE	1988	16	4	Yale
Speer, Del	S	1994	1	0	Florida
Spencer, Chris	C	2005-10	82	70	Mississippi
Spiller, C.J.	RB	2016	2	0	Clemson
Spitulski, Bob	LB	1992-94	26	1	Central Florida
Spitz, Jason	C	2013	*0	0	Louisville
Springs, Shawn	CB	1997-03	93	88	Ohio State
Stanley, Jayson	CB	2020	8	0	Georgia
Stark, Chad	FB	1987	2	0	North Dakota State
Stark, Rohn	P	1997	4	0	Florida State
Stephen, Shamar	DT	2018	15	14	Connecticut
Stephens, Linden	CB	2019-20	13	0	Cincinnati
Stephens, Rod	LB	1989-94	75	34	Georgia Tech
Stevens, Jerramy	TE	2002-06	71	26	Washington
Stewart, Russell	TE	2001	*0	0	Stanford
Stokes, Eric	S	1997-98	11	0	Nebraska
Stokley, Brandon	WR	2010	11	0	Louisiana-Lafayette
Stouffer, Kelly	QB	1988-92	22	16	Colorado State
Stowe, Tyronne	LB	1995	6	6	Rutgers
Streater, Rahmaan	DE	2000	*0	0	Richmond
Strong, Mack	FB	1994-07	201	108	Georgia
Strozier, Wilbur	TE	1987	12	3	Georgia
Stutz, Boone	LS	2007	8	0	Texas A&M
Sullivan, Stephen	TE/DE	2020	1	0	Louisiana State
Sutherland, Doug	DT	1981	16	6	Wisconsin-Superior
Swain, Freddie	WR	2020-	16	1	Florida
Sweeney, Jim	C	1995	16	16	Pittsburgh
Sweezy, J.R.	G	2012-15, 18	74	64	North Carolina State
Swoopes, Tyrone	TE	2017-19	7	3	Texas

T

Tafoya, Joe	DE	2005-06	28	1	Arizona
Tapp, Darryl	DE	2006-09	65	30	Virginia Tech
Tate, Golden	WR	2010-13	58	33	Notre Dame
Tatupu, Lofa	LB	2005-10	84	84	Southern California
Taylor, Bobby	CB	2004	9	0	Notre Dame
Taylor, Cordell	CB	1999	2	0	Hampton

T

Player	Pos.	Years	GP	GS	College
Taylor, Courtney	WR	2007-08	18	4	Auburn
Taylor, Jamar	CB	2019	9	0	Boise State
Taylor, Terry	CB	1984-88, 94	79	55	Southern Illinois
Teal, Jimmy	WR	1987-88	6	2	Texas A&M
Teel, Mike	QB	2009	*0	0	Rutgers
Terrell, Steven	S	2014-16	32	5	Texas A&M
Terrill, Craig	DT	2004-10	88	5	Purdue
Terry, Chris	T	2002-04	25	23	Georgia
Terry, Joe	LB	1987	2	0	Cal State-Hayward
Terry, Tim	LB	2000-02	38	8	Temple
Testerman, Don	FB	1976-78	44	26	Clemson
Thomas, Doug	WR	1991-93	39	4	Clemson
Thomas, Earl	S	2010-18	125	125	Texas
Thomas, Fred	CB	1996-99	45	5	Tennessee-Martin
Thomas, Garth	G	1987	1	1	Washington
Thomas, Josh	CB	2014	3	0	Buffalo
Thomas, Ricky	S	1987	1	1	Alabama
Thomas, Robb	WR	1992-95	62	3	Oregon State
Thomas, Rodell	LB	1981-82	19	1	Alabama State
Thompson, Tedric	S	2017-19	29	16	Colorado
Thorpe, Neiko	CB	2016-20	51	0	Auburn
Thurmond, Walter	CB	2010-13	33	8	Oregon
Tice, Mike	TE	1981-88, 90-91	130	83	Maryland
Tipton, Dave	DE	1976	12	12	Stanford
Tipton, Rico	LB	1987	3	2	Washington State
Tobeck, Robbie	C	2000-06	92	88	Washington State
Tobin, Matt	T	2017	15	0	Iowa
Tofflemire, Joe	C	1989-94	33	16	Arizona
Tongue, Reggie	S	2000-03	62	52	Oregon State
Torretta, Gino	QB	1996-97	1	0	Miami
Treggs, Brian	WR	1992	2	0	California
Tripp, Jordan	LB	2016	7	1	Montana
Trufant, Marcus	CB	2003-12	136	125	Washington State
Tuatagaloa, Natu	DE	1992-93	30	15	California
Tubbs, Marcus	DT	2004-07	29	16	Texas
Tuiasosopo, Manu	DT/DE	1979-83	73	64	UCLA
Tukuafu, Will	FB	2014-16	30	4	Oregon
Tupou, Tani	FB	2016	1	0	Washington
Turbin, Robert	RB	2012-14, 19	48	3	Utah State
Turner, Daryl	WR	1984-87	59	40	Michigan State
Turner, Kevin	LB	1981	8	0	Pacific
Turner, Malik	WR	2018-19	21	3	Illinois
Tuten, Rick	P	1991-97	101	0	Florida State
Tyler, Robert	TE	1989	9	9	South Carolina State
Tyson, Mike	CB	2017	*0	0	Cincinnati

U

Unger, Max	C/G	2009-14	67	67	Oregon
Unverzagt, Eric	LB	1996-97	9	0	Wisconsin
Urban, Jerheme	WR	2003-05	10	2	Trinity
Ursua, John	WR	2019-	3	0	Hawaii

V

Player	Pos.	Years	GP	GS	College
Vallos, Steve	C	2008-09	32	8	Wake Forest
Vannett, Nick	TE	2016-19	42	16	Ohio State
Vaughn, Jon	RB	1993-94	26	2	Michigan
Vobora, David	LB	2011	6	0	Idaho

PLAYERS ALL-TIME ROSTER

W

Wagner, Bobby	LB	2012-	135	134	Utah State
Wagner, Vince	K	1981	*0	0	Northwestern (Minn.)
Wahle, Mike	G	2008	10	10	Navy
Waits, Alex	P	1991	3	0	Texas
Walker, Brian	S	1999	5	0	Washington State
Walker, Byron	WR	1982-86	58	3	Citadel
Walker, D'Andre	LB	2020	1	0	Georgia
Walker, Derek	DE	2009	*0	0	Illinois
Walker, Tim	LB	1980	16	0	Savannah State
Wallace, C.J.	S	2007-09	26	0	Washington
Wallace, Seneca	QB	2003-09	47	14	Iowa State
Wallace, Taco	WR	2003-04	4	0	Kansas State
Walsh, Blair	K	2017	16	0	Georgia
Walsh, Jim	FB	1980	4	0	San Jose State
Walter, Ken	P	2004	6	0	Kent State
Walters, Bryan	WR	2012-14	17	1	Cornell
Ware, Spencer	FB	2013	2	0	Louisiana State
Warner, Curt	RB	1983-89	93	92	Penn State
Warren, Chris	RB	1990-97	123	89	Ferrum
Warren, Terrence	WR	1993-94	16	0	Hampton University
Warrick, Peter	WR	2005	13	5	Florida State
Washington, Leon	RB	2010-12	48	1	Florida State
Watson, Dekoda	LB	2019	1	0	Florida State
Watson, Tim	DT	2000-01	*0	0	Rowan
Watters, Orlando	CB	1994	16	8	Arkansas
Watters, Ricky	RB	1998-01	53	52	Notre Dame
Weaver, Herman	P	1977-80	61	0	Tennessee
Weaver, Leonard	FB	2005-08	46	11	Carson-Newman
Webb, J'Marcus	T	2016	9	3	West Texas A&M
Weber, Roger	G	1987	*0	0	Kent State
Webster, Cornell	CB	1977-80	52	33	Tulsa
Wedderburn, Floyd	T/G	1999-02	46	26	Penn State
Weeks, Marquis	RB	2006	10	0	Virginia
Weiner, Todd	T	1998-01	48	20	Kansas State
Wells, Dean	LB	1993-98	84	50	Kentucky
Werner, Matt	DE	1994	*0	0	UCLA
West, Jeff	P	1981-85	58	0	Cincinnati
Wheat, Warren	G	1989-91	16	7	Brigham Young
Wheeler, Chad	T	2019-20	5	0	Southern California
White, Chris	S	1987	1	0	Tennessee
White, Chris	C	2010	6	0	Southern Mississippi
White, Jim	DE	1976	2	0	Colorado State
White, Mike	DT	1981-82	20	8	Albany State
White, Tracy	LB	2003-04	20	2	Howard
Whitehurst, Charlie	QB	2010-11	9	4	Clemson
Wiley, Charles	DT	1987	1	1	Nevada-Las Vegas
Wilhoite, Michael	LB	2017	14	9	Washburn
Williams, Brandon	TE	2016	16	1	Oregon
Williams, Brent	DE	1994-95	21	19	Toledo
Williams, Cary	CB	2015	10	10	Washburn
Williams, Darryl	S	1996-99	61	60	Miami
Williams, Eddie	FB	2011	2	0	Idaho
Williams, Eugene	LB	1982-83	13	1	Tulsa
Williams, Grant	T	1996-99	56	23	Louisiana Tech
Williams, James	FB	1987	1	0	Fresno State
Williams, James	WR	2000-02	29	4	Marshall
Williams, Jimmy	CB	2005-06	30	1	Vanderbilt
Williams, John	FB	1985	2	0	Wisconsin
Williams, John L.	FB	1986-93	123	115	Florida
Williams, Kasen	WR	2015-16	3	0	Washington
Williams, Kevin	DT	2014	16	8	Oklahoma State
Williams, Kyle	T	2008-09	6	3	Southern California
Williams, Lester	NT	1987	2	0	Miami
Williams, Mike	WR	2010-11	26	23	Southern California
Williams, Robert	CB	1999	1	0	North Carolina

W

Player	Pos.	Years	GP	GS	College
Williams, Ronnie	TE	1996	13	3	Oklahoma State
Williams, Stephen	WR	2013	4	0	Toledo
Williams, Willie	CB	1997-03	105	75	Western Carolina
Willis, Donald	G	1995	*0	0	North Carolina A&T
Willis, James	LB	1999	16	0	Auburn
Willis, Jason	WR	2004	1	0	Oregon
Willis, Ray	T	2005-10	44	26	Florida State
Willson, Luke	TE	2013-17, 19-20	85	44	Rice
Wilmer, Ray	S	1984	3	0	Louisiana Tech
Wilson, E.J.	DE	2010	2	0	North Carolina
Wilson, Josh	CB	2007-09	40	23	Maryland
Wilson, Mike	T	1986-89	60	60	Georgia
Wilson, Robert	WR	1997-99	18	0	Florida A&M
Wilson, Russell	QB	2012-	144	144	Wisconsin
Wimmer, Gary	LB	1983	3	0	Stanford
Wistrom, Grant	DE	2004-06	41	41	Nebraska
Womack, Floyd	T	2001-08	90	46	Mississippi State
Woodard, Cedric	DT	2000-04	61	28	Texas
Wooden, Terry	LB	1990-96	89	87	Syracuse
Woods, Al	DT	2011, 19	16	5	Louisiana State
Woods, Larry	DT	1976	6	0	Tennessee State
Woods, Tony	LB/DE	1987-92	89	79	Pittsburgh
Woolsey, Rolly	CB	1976	14	11	Boise State
Wortham, Cornelius	LB	2005	8	0	Alabama
Wright, K.J.	LB	2011-20	144	140	Mississippi State
Wrotto, Mansfield	G	2007-10	15	5	Georgia Tech
Wunsch, Jerry	T	2002-04	33	5	Wisconsin
Wyman, David	LB	1987-92	61	56	Stanford
Wyms, Ellis	DE	2007	13	0	Mississippi State

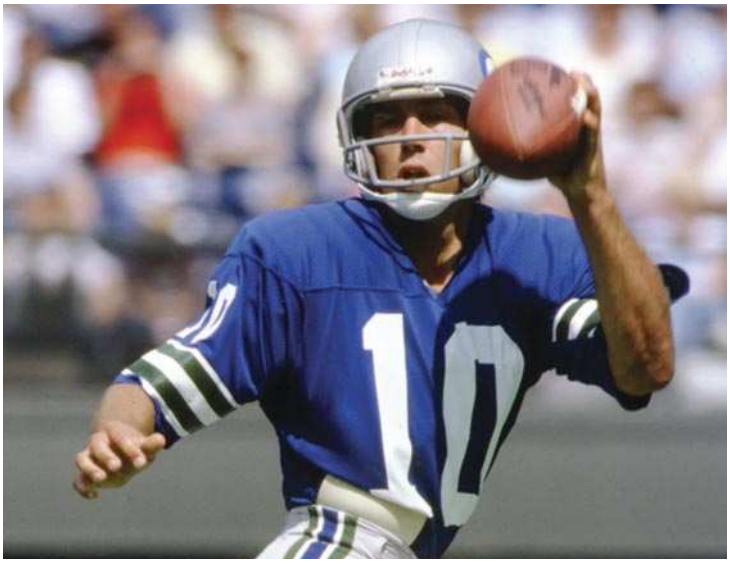
Y

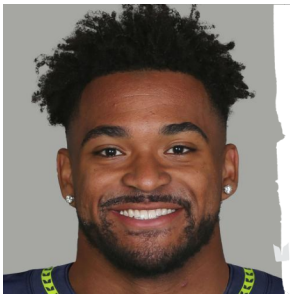
Yarno, John	C	1977-82	74	62	Idaho
Young, Charle	TE	1983-85	45	43	Southern California
Young, Fredd	LB	1984-87	60	41	New Mexico State
Young, Renard	CB	1987	3	3	Nevada-Las Vegas

Z

Zorn, Jim	QB	1976-84	126	100	Cal Poly-Pomona

* on active roster, but did not play in a game
^ on postseason active roster only





33 | STRONG SAFETY

JAMAL ADAMS

Height: 6-1	Weight: 213
College:	Louisiana State
Seasons:	NFL : 5th, Seahawks 2nd
Born:	October 17, 1995
Hometown:	Lewisville, Texas

PRO BOWL '18 | PRO BOWL '19 | PRO BOWL '20

AP 1ST TEAM '19 | AP 2ND TEAM '18 | AP 2ND TEAM '20

TRANSACTIONS:

04/27/17: Drafted by the N.Y. Jets (1st round, 6th overall)
07/25/20: Traded to Seattle

NFL CAREER HIGHLIGHTS:

• Since 2017, his 21.5 sacks are the most in the NFL by a defensive back (2nd, CBs Mike Hilton and Logan Ryan - 9.5).

• Led Seattle while setting an NFL record for most sacks by a defensive back in a single season with a career-high 9.5. The last time a defensive back led his team in sacks was New Orleans' Roman Harper in 2011 (7.5). Started all 12 games played, missing four due to a groin injury, and was named to the Pro Bowl and a second-team AP All-Pro.

• Entering his first season in Seattle in 2020, started all 46 games he has played in his three-year career and earned second-team AP All-Pro honors in 2018, and was a first-team selection in 2019, and has also been a two-time Pro-Bowler (2018-19).

• In 2019, Adams ranked second on the Jets with 75 tackles, posted a career-high 6.5 sacks, with two forced fumbles and one interception, which he returned 61 yards for a touchdown for his first-career score. Also added a fumble return for a touchdown later in the season.

• Recorded 3.0 sacks at Washington (11/17/19), becoming just the eighth defensive back in NFL history to record 3.0 sacks in a single-game.

• His career-high 115 tackles in 2018 were the second-most by a safety in Jets history (Erik Coleman, 116 in 2005).

COLLEGE: One of the top defensive backs in LSU history. Played in 37 games with 26 starts, including every game in 2015 and 2016. Finished career with 209 tackles, 17.5 tackles for loss, five interceptions and two sacks. First-team All-America and First-team All-SEC in 2016 when he was the leader of an LSU defense that allowed only 16 touchdowns all season. Freshman All-America in 2014 and second-team All-SEC as a sophomore in 2015. Played for three different coordinators during his LSU career. In three years at LSU, played on two units that ranked in the top 10 in the nation in total defense (No. 9 in 2015 with 316.8 ypg; No. 10 in 2017 with 314.4 ypg) and in the top five in scoring defense (No. 5 in 2015 with 17.2 ppg; No. 5 in 2016 with 15.8 ppg).

PERSONAL: Father, George Adams, was a former first-round selection by the N.Y. Giants at running back in 1985. The pair, described as, "similar in anything that they do," by Jamal's mother, Michelle, who added to the New York Post, "The trash-talking between them never stops," so much so that growing up, Jamal, who wears 33 like his father, made a bet with his dad, the 19th-overall selection, that he would be taken higher in the draft. Rated as a composite five-star safety and the No. 31 overall player by 247Sports.com at Hebron High School. Ranked as the No. 1 safety prospect in the nation by Scout.com and the No. 18 overall prospect and third-best Texas recruit by ESPN.com. Participated in the Under Armour All-America All-Star Game. Honored as a selection to the 247Sports Top 247. Accumulated 138 tackles over his final two high school seasons along with seven interceptions and four passes defensed. Made an impact offensively with 62 carries for 453 yards and 11 touchdowns while also snagging 19 receptions for 477 yards and nine touchdowns over his final two seasons. Named the District 5-5A MVP in his senior season.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
9/17/17	NYJ @ OAK	L	S	4	3	1	0.0	0.0	0	0	0	0	0	0	0
11/24/19	NYJ vs. OAK	W	S	7	5	2	0.5	3.5	0	0	0	3	0	0	0
TOTALS		**1/1**	**2/2**	**11**	**8**	**3**	**0.5**	**3.5**	**0**	**0**	**0**	**3**	**0**	**0**	**0**

JAMAL ADAMS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2017	Jets	16	16	82	63	19	9	30	2.0	18.0	2	0	0	0	0	6	1	2	0	1	0	1	0	0	0	0
2018	Jets	16	16	115	86	29	9	33	3.5	24.0	8	1	38	38	0	12	3	1	5	0	0	0	0	0	0	0
2019	Jets	14	14	75	61	14	10	33	6.5	45.5	13	1	61	61t	1	7	2	1	25	0	0	0	0	0	0	0
2020	Seahawks	12	12	83	59	24	11	41	9.5	39.5	14	0	0	0	0	3	1	0	0	0	0	0	0	0	0	0
NFL TOTALS		**58**	**58**	**355**	**269**	**86**	**39**	**137**	**21.5**	**127.0**	**37**	**2**	**99**	**61T**	**1**	**28**	**7**	**4**	**30**	**1**	**0**	**1**	**0**	**0**	**0**	**0**

JAMAL ADAMS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	1	4	2	2	0	0	0.0	0.0	0	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**1**	**4**	**2**	**2**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JAMAL ADAMS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Atlanta Falcons, Sep 13, 2020
	...1 more at 12.
Sacks	3.0 at Washington, Nov 17, 2019
Passes Defensed	3 vs. New England Patriots, Nov 25, 2018
	...2 more at 3.
Forced Fumbles	2 vs. New York Giants, Nov 10, 2019
Fumble Recoveries	1 vs. New York Giants, Nov 10, 2019
	...3 more at 1.
Tackles For Loss	3 at Washington, Nov 17, 2019
	...1 more at 3.
Interceptions	1 at New England Patriots, Sep 22, 2019
	...1 more at 1.
Interception Return Yards	61 at New England Patriots, Sep 22, 2019
Special Teams Tackles	1 at Miami Dolphins, Oct 22, 2017

28 | FREE SAFETY

UGO AMADI

Height: 5-9	Weight: 201
College:	Oregon
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	May 16, 1997
Hometown:	Nashville, Tenn.
Pronunciation:	ooh-go uh-MAH-dee

TRANSACTIONS:

04/27/19: Drafted by Seattle (4th round, 132nd overall)

NFL CAREER HIGHLIGHTS:

• Saw the most playing time of his career, primarily at nickel, in 2020 after Marquise Blair was lost for the season (knee). Started four of 14 games played with a career-high 49 tackles and finished fifth on the team with seven passes defensed.

• Played in 16 games as a rookie, primarily on special teams, but took over nickel duty late in the season. Led the team with 10 special teams tackles (eight solo).

COLLEGE: Played in all 51 of Oregon's games from 2015-18. Scored four touchdowns over his final two seasons with three coming on interception returns for touchdowns. First FBS player with two pick-6s and a punt return in the same season (2018) since Alabama's Minkah Fitzpatrick in 2015. Only player in the Pac-12 and one of just 11 FBS players with three interceptions and three forced fumbles in 2017. Was an Associated Press Pac-12 All-Conference second team selection and Pac-12 coaches All-Conference honorable mention. Started all 13 games. Team captain in five games. Finished with 55 tackles, including 5.0 for loss, and 1.5 sacks. Turned two of three interceptions into TDs. Totaled 223 yards and one TD on 14 punt returns.

PERSONAL: Accounted for 15 touchdowns for the Overton High Bobcats, which finished 2014 with a 6-5 record while advancing to the 6A playoffs. Credited with 25 tackles and two interceptions his senior year in addition to breaking up five passes. Also returned three punts and one kickoff for touchdowns in 2014. Tallied 49 tackles, five interceptions and nine pass breakups as a junior to earn a spot on the Tennessean's Dandy Dozen. Finalist for the Hume Award, given to the Nashville-metro's top prep scholar-athlete.

UGO AMADI'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	16	0	7	5	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	10	8	2	0	1
2020	Seahawks	14	4	49	44	5	4	11	0.0	0.0	0	0	0	0	0	7	1	0	0	5	3	2	0	0
NFL TOTALS		**30**	**4**	**56**	**49**	**7**	**4**	**11**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**7**	**1**	**0**	**0**	**15**	**11**	**4**	**0**	**1**

UGO AMADI'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	2	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	1	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**0**	**3**	**2**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**0**

UGO AMADI'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 vs. New England Patriots, Sep 20, 2020	**Tackles For Loss**	1 at San Francisco 49ers, Jan 03, 2021
Passes Defensed	2 vs. New York Jets, Dec 13, 2020		...3 more at 1.
	...2 more at 2.	**Special Teams Tackles**	2 vs. Arizona Cardinals, Dec 22, 2019
Forced Fumbles	1 at Arizona Cardinals, Oct 25, 2020	**Special Teams Fumble Recoveries**	1 at Los Angeles Rams, Dec 08, 2019

57 | LINEBACKER

CODY BARTON

Height: 6-2	Weight: 237
College:	Utah
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	November 13, 1996
Hometown:	Salt Lake City, Utah

TRANSACTIONS:

04/26/19: Drafted by Seattle (3rd round, 88th overall)

NFL CAREER HIGHLIGHTS:

• Led the NFC (2nd NFL) with 16 special teams tackles. It's the most special teams tackles by a Seahawks player since Heath Farwell recorded 21 in 2011.

• Started two of 16 games played as a rookie and both postseason games in place of Mychal Kendricks (knee).

COLLEGE: Played in 50 games with 23 starts. Recorded 234 tackles (131 solo), 23.5 tackles for a loss, 9.0 sacks and 10 pass breakups. Played as a true freshman. Was an honorable mention All-Pac-12 selection. Started all 14 games at middle linebacker. Led Utah with 116 tackles and was 10th in the Pac-12 in tackles per game (8.3).

PERSONAL: Salt Lake Tribune and Deseret News first-team all-state defensive back as a senior at Brighton HS in 2014. Played safety and tight end. Had 72 total tackles and three interceptions as a senior in addition to 27 receptions for 334 yards and two touchdowns. Son of two former Utah two-sport athletes. His father Paul played football and baseball for the Utes and spent a year in the minors with the Toronto Blue Jays' organization while his mother Mikki Kane-Barton, a member of Utah's Crimson Club Hall of Fame, was a two-time honorable mention All-America basketball player, the 1993 Western Athletic Conference Player of the Year and a three-time first-team All-WAC basketball pick. She also played two seasons of volleyball for the Utes and led the nation in blocks in 1993 while making the all-conference team. Has three siblings. Majored in economics.

CODY BARTON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

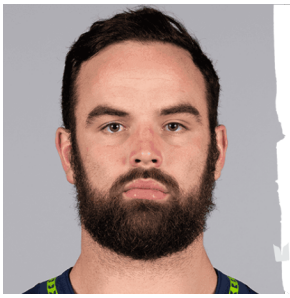
				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	16	2	17	5	12	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	6	4	2	0	1
2020	Seahawks	16	2	19	11	8	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	16	13	3	2	0
NFL TOTALS		**32**	**4**	**36**	**16**	**20**	**0**	**0**	**0.0**	**0.0**	**1**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**22**	**17**	**5**	**2**	**1**

CODY BARTON'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	2	2	8	4	4	1	1	1.0	1.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	1	0	0	0
NFL TOTALS		**3**	**2**	**8**	**4**	**4**	**1**	**1**	**1.0**	**1.0**	**1**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**0**

CODY BARTON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	14 vs. Minnesota Vikings, Oct 11, 2020	**Special Teams Forced Fumbles**	1 vs. Los Angeles Rams, Dec 27, 2020
Passes Defensed	1 at Los Angeles Rams, Dec 08, 2019		...1 more at 1.
Special Teams Tackles	3 at San Francisco 49ers, Jan 03, 2021	**Special Teams Fumble Recoveries**	1 vs. New Orleans Saints, Sep 22, 2019



44 | FULLBACK

NICK BELLORE

Height: 6-1	Weight: 250
College:	Central Michigan
Seasons:	NFL : 11th, Seahawks 3rd
Born:	May 12, 1989
Hometown:	St. Paul, Minn.
Pronunciation:	buh-LORE

PRO BOWL '20

TRANSACTIONS:

07/27/11: Signed with N.Y. Jets as a UDFA
04/03/15: Signed with San Francisco as a UFA
12/19/16: Placed on IR (elbow)
04/03/17: Signed with Detroit as a UFA
09/09/17: Released by Detroit
09/11/17: Re-signed with Detroit
03/14/18: Signed renegotiated contract with Detroit
05/09/19: Signed with Seattle as a FA
08/31/19: Released by Seattle
09/02/19: Signed by Seattle as a FA
09/05/20: Released by Seattle
09/07/20: Signed by Seattle as a FA
03/18/21: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Earned first Pro Bowl nod as a special teamer, finishing second in the NFC (3rd NFL) with 14 special teams tackles, trailing only teammate Cody Barton. Has 116 special teams tackles in his 10-year career.

• Joined the Seahawks in 2019 after stints with the Lions (2017-18), 49ers (2015-16) and Jets (2011-14), where he established himself as a key contributor on special teams.

• Originally entered the NFL in 2011 as an undrafted rookie free agent with the N.Y. Jets in 2011.

• Switched from linebacker to fullback in 2018 while with the Lions.

• Led the Jets in special teams tackles in each of his first three seasons (2011-13).

COLLEGE: Played in 52 games (51 starts) at Central Michigan, finishing with 472 tackles, including three consecutive seasons with 100 or more tackles. He was selected to participate in the 2011 East-West Shrine Game as a senior after earning First-Team All-MAC defense honors. That season, he registered 90 tackles, 7 TFL and had five games with 10-or-more tackles.

PERSONAL: A first-team all-state player at Whitefish Bay (WI) HS, was a three-year letterman and two-year captain. Also played one season of varsity hockey along with three seasons on the track and field team. Majored in finance.

NICK BELLORE'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2011	Jets	16	0	0	0	0.0	0	0	0	0	0.0	0	0
2012	Jets	16	0	0	0	0.0	0	0	1	23	23.0	23	0
2013	Jets	16	0	0	0	0.0	0	0	0	0	0.0	0	0
2014	Jets	16	0	0	0	0.0	0	0	0	0	0.0	0	0
2015	49ers	16	0	0	0	0.0	0	0	0	0	0.0	0	0
2016	49ers	14	10	0	0	0.0	0	0	0	0	0.0	0	0
2017	Lions	13	2	0	0	0.0	0	0	1	1	1.0	1t	1
2018	Lions	14	4	1	0	0.0	0	0	4	15	3.8	8	0
2019	Seahawks	14	1	0	0	0.0	0	0	2	23	11.5	20	1
2020	Seahawks	16	3	1	5	5.0	5	0	1	9	9.0	9	0
NFL TOTALS		**151**	**20**	**2**	**5**	**2.5**	**5**	**0**	**9**	**71**	**7.9**	**23**	**2**

NICK BELLORE'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	2	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**3**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

NICK BELLORE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2011	Jets	16	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	17	14	3	0	0
2012	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	10	8	2	0	1
2013	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	17	8	9	0	0
2014	Jets	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	15	11	4	0	0
2015	49ers	16	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	15	10	5	0	1
2016	49ers	14	10	77	55	22	4	12	1.0	10.5	3	1	4	4	0	5	0	1	0	6	5	1	1	0
2017	Lions	13	2	6	5	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	6	4	2	0	0
2018	Lions	14	4	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	1	0	9	7	2	0	0
2019	Seahawks	14	1	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	7	7	0	0	1
2020	Seahawks	16	3	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	14	11	3	0	1
NFL TOTALS		**151**	**20**	**87**	**63**	**24**	**4**	**12**	**1.0**	**10.5**	**3**	**1**	**4**	**4**	**0**	**5**	**0**	**2**	**0**	**116**	**85**	**31**	**1**	**4**

NICK BELLORE'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ADDITIONAL STATS

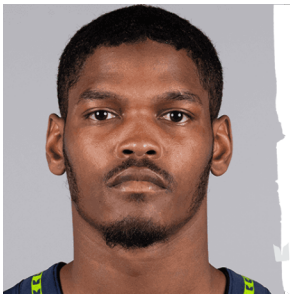
Kickoff Returns: 2012 (One kickoff return for 8 yards); 2013 (One kickoff return for 0 yards). **Career:** Two kickoff returns for 8 yards.

NICK BELLORE'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. San Francisco 49ers, Nov 01, 2020
	...1 more at 1.
Rushing Yards	5 vs. San Francisco 49ers, Nov 01, 2020
Longest Runs	5 vs. San Francisco 49ers, Nov 01, 2020
Receptions	2 vs. Chicago Bears, Nov 22, 2018
Receiving Yards	23 vs. Indianapolis Colts, Oct 14, 2012
Longest Receptions	23 vs. Indianapolis Colts, Oct 14, 2012
Receiving TDs	1 vs. Arizona Cardinals, Dec 22, 2019
	...1 more at 1.
All-Purpose Yards	23 vs. Indianapolis Colts, Oct 14, 2012
Kickoff Returns	1 at Tennessee Titans, Sep 29, 2013
	...1 more at 1.
Kickoff Return Yards	8 at Buffalo Bills, Dec 30, 2012
Longest Kickoff Return	8 at Buffalo Bills, Dec 30, 2012
Special Teams Tackles	4 vs. New England Patriots, Sep 20, 2020
Most TDs	1 vs. Arizona Cardinals, Dec 22, 2019
	...1 more at 1.

NICK BELLORE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Buffalo Bills, Oct 16, 2016
Sacks	0.5 at Miami Dolphins, Nov 27, 2016
	...1 more at 0.5.
Passes Defensed	2 vs. New Orleans Saints, Nov 06, 2016
Fumble Recoveries	1 at Buffalo Bills, Oct 16, 2016
Tackles For Loss	1 vs. New York Jets, Dec 11, 2016
	...3 more at 1.
Interceptions	1 at Seattle Seahawks, Sep 25, 2016
Interception Return Yards	4 at Seattle Seahawks, Sep 25, 2016
Special Teams Tackles	4 vs. New England Patriots, Sep 20, 2020
Special Teams Forced Fumbles	1 vs. Arizona Cardinals, Oct 06, 2016
Special Teams Fumble Recoveries	1 vs. San Francisco 49ers, Nov 01, 2020
	...3 more at 1.



27 | FREE SAFETY

MARQUISE BLAIR

Height: 6-1 **Weight:** 196
College: Utah
Seasons: NFL : 3rd, Seahawks 3rd
Born: July 18, 1997
Hometown: Wooster, Ohio
Pronunciation: mar-KEECE

TRANSACTIONS:

04/26/19: Drafted by Seattle (2nd round, 47th overall)

NFL CAREER HIGHLIGHTS:

• Saw action in two games before tearing his ACL vs New England (9/20/20).

• Played in 14 games with three starts as a rookie and in back-to-back starts vs. Baltimore (10/20) and at Atlanta (10/27) in place of Bradley McDougald (back), tallied 17 tackles, including a career-high 11 at Atlanta. Also tied for third on the team with seven special teams tackles (five solo).

COLLEGE: Started both seasons at Utah following two seasons at Dodge City Community College. Played both safety positions in his career. Played in 23 games with 18 starts while at Utah, recording 107 tackles, 5.0 TFL, two interceptions and four pass breakups. Was a second-team All-Pac-12 selection. Played in all 14 games with 12 starts (eight at free safety, four at strong safety). Recorded 59 tackles (2.0 TFL), two interceptions and two pass breakups. Was honorable mention Pac-12 All-Academic. At Dodge City CC, was a first-team NJCAA All-American and first-team all-Region VI as a sophomore. His 24 tackles for loss in 2016 tied for third nationally in the NJCAA. His sophomore season, he had 100 tackles, three sacks, four interceptions, five pass breakups, four forced fumbles, three fumble recoveries and a fumble return for a touchdown. Recorded 64 tackles, eight sacks, two interceptions, three pass breakups and three forced fumbles as a freshman.

PERSONAL: First-team Division II all-state as a senior at Wooster High (Ohio). Also named first-team Division II All-Ohio and Ohio Cardinal Conference Defensive Player of the Year. Also competed in track and field. Placed first in the conference in the long jump and second in the 100 as a senior. Son of Tonya Boykins and stepfather Rayford Lee. Majored in human development & family studies.

MARQUISE BLAIR'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	14	3	25	19	6	0	0	0.0	0.0	0	0	0	0	0	1	2	0	0	7	5	2	0	0
2020	Seahawks	2	0	8	5	3	0	0	0.0	0.0	0	0	0	0	0	0	1	0	0	0	0	0	0	0
NFL TOTALS		**16**	**3**	**33**	**24**	**9**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**3**	**0**	**0**	**7**	**5**	**2**	**0**	**0**

MARQUISE BLAIR'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

MARQUISE BLAIR'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	11 at Atlanta Falcons, Oct 27, 2019
Passes Defensed	1 vs. Baltimore Ravens, Oct 20, 2019
Forced Fumbles	1 at Atlanta Falcons, Sep 13, 2020
	...2 more at 1.
Special Teams Tackles	2 vs. Baltimore Ravens, Oct 20, 2019

76 | TACKLE

DUANE BROWN

Height: 6-4	Weight: 315
College:	Virginia Tech
Seasons:	NFL : 14th, Seahawks 5th
Born:	August 30, 1985
Hometown:	Richmond, Va.

PRO BOWL '12 | PRO BOWL '13 | PRO BOWL '14 | PRO BOWL '17

AP 1ST TEAM '12 | AP 2ND TEAM '11 | AP 2ND TEAM '18

TRANSACTIONS:

04/26/08: Drafted by Houston (1st round, 26th overall)
08/16/12: Re-signed with Houston
01/05/16: Placed on IR (quadriceps)
11/01/17: Traded by Houston to Seattle
07/29/18: Signed multi-year contract with Seattle

NFL CAREER HIGHLIGHTS:

• Started all 16 games in 2020 for the seventh time in his career.

• Started all 12 games played in 2019 and missed the final two regular season games and the Wild Card Game due to a knee injury. Returned from injury early to start at left tackle in Seattle's divisional round loss at Green Bay.

• Traded to Seattle midway through 2017 and started the final nine games for the Seahawks. Seattle traded a 2018 third-round pick and 2019 second-round pick in exchange for Brown and Houston's 2018 fifth-round pick (Shaquem Griffin).

• Ranks second on Houston's all-time games played and games started lists with 133.

• Was the second rookie in Texans history to start all 16 games on the offensive line.

• Garnered All-Pro honors in 2011, 2012 and 2018 and Pro Bowl honors following the 2012-14 and 2017 seasons.

• Blocked for seven 1,000-yard rushers and was a part of a top-10 offense in four of his first five years in the League.

COLLEGE: Played four seasons (2004-07) at Virginia Tech after redshirting the 2003 campaign. Registered 71 knockdown blocks in his three seasons as an offensive tackle and earned second-team All-Atlantic Coast Conference recognition for two-straight seasons. Was a two-time state Offensive Lineman/End of the Year pick by the Richmond Touchdown Club. Recorded six tackles and blocked three kicks on special teams as a senior and also caught three passes for 64 yards (21.3 average) and one touchdown, adding three yards on a rushing attempt. Won an ACC Championship in 2007.

PERSONAL: Attended Hermitage High School in Richmond, Va., where he lettered twice as a tight end and defensive end. Played in the Panthers' first three games his senior year before suffering a broken leg, but returned for the Central Region semifinal game, catching seven passes for just under 100 yards in his limited playing time, and also recorded 15 tackles along with a pair of sacks to earn second-team All-District honors. Also lettered in basketball and track.

DUANE BROWN'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2008	Texans	16	16
2009	Texans	16	16
2010	Texans	12	12
2011	Texans	16	16
2012	Texans	16	16
2013	Texans	14	14
2014	Texans	16	16
2015	Texans	14	14
2016	Texans	12	12
2017	Texans	1	1
		Went from **Houston** to **Seattle**.	
2017	Seahawks	9	9
2017	TOTAL	10	10
2018	Seahawks	16	16
2019	Seahawks	12	12
2020	Seahawks	16	16
NFL TOTALS		**186**	**186**

DUANE BROWN'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2011	Texans	2	2
2012	Texans	2	2
2016	Texans	2	2
2018	Seahawks	1	1
2019	Seahawks	1	1
2020	Seahawks	1	1
NFL TOTALS		**9**	**9**

22 | CORNERBACK

TRE BROWN

Height: 5-10	Weight: 185
College:	Oklahoma
Season:	Rookie
Born:	September 24, 1997
Hometown:	Tulsa, Okla.

TRANSACTIONS:

05/01/21: Drafted by Seattle (4th round, 137th overall)

COLLEGE CAREER HIGHLIGHTS: Was a 2020 second-team All-Big 12 selection by league coaches and media, and a 2018 second-team All-Big 12 pick by coaches as a kick returner. Earned four Big 12 championship rings and was part of three College Football Playoff squads. Played in 51 career games and made 33 starts (each of his last 32 games). Finished career with 141 tackles, 8.5 tackles for loss, 2.0 sacks, four interceptions and 31 passes defensed (sixth in school history). Served as team's primary kickoff returner his sophomore and junior seasons (finished career with 55 returns for 1,207 yards. Played in 10 games as a senior in 2020 and finished with 31 tackles, a career-high three interceptions and six passes defensed. Made victory-sealing interceptions as a senior in four-overtime game against no. 22 Texas and in Big 12 Championship vs. no. 8 Iowa State (his third interception in 2020 came against Kansas). Played in all 14 games as a junior in 2019 and logged 40 tackles, 11 passes defensed and his first career interception. Majored in African American studies.

PERSONAL: Attended Union High and was a four-star recruit according to 247Sports, ESPN, Rivals and Scout. Rated 120th overall in the 2017 class by Scout, 154th by 247Sports and 209th by ESPN. Ranked as the No. 3 player in the state of Oklahoma by 247Sports and ESPN and No. 4 by Rivals. Named to The Oklahoman's All-State First Team after recording 26 tackles, one interception and five offensive touchdowns while helping lead his team to a state title his senior season.

55 | LINEBACKER

BEN BURR-KIRVEN

Height: 6-0	**Weight: 230**
College:	**Washington**
Seasons:	**NFL : 3rd, Seahawks 3rd**
Born:	**September 8, 1997**
Hometown:	**Menlo Park, Calif.**

TRANSACTIONS:

04/27/19: Drafted by Seattle (5th round, 142nd overall)

NFL CAREER HIGHLIGHTS:

• A core special teams player, finished tied for fourth on the team with five special teams tackles in 2020.

• Played in 16 games as a rookie, primarily on special teams and was second on the team with eight special teams tackles (three solo). Played sparingly at linebacker in two games and saw his most playing time late in the game at Carolina (12/15/19) in place of Bobby Wagner (ankle).

COLLEGE: Played in 53 games with 22 starts. Started all 14 games his senior season. Led the nation in tackles in 2018 with 176. In his career, recorded 338 tackles (190 solo), 11.5 TFLs, 4.0 sacks, four interceptions, 16 passes defensed, six forced fumbles, and three fumble recoveries. Among many honors, was selected All Pac-12 first-team and was named the Pac 12 Scholar of the Year for football and was also the Pat Tillman Pac 12 Defensive Player of the Year. Started all 14 games and finished the year leading NCAA-FBS with 176 total tackles, in addition to 5.5 TFLs, 2.0 sacks, 2 INTs, 8 passes defensed, 4 forced fumbles and 3 fumble recoveries.

PERSONAL: Named the MaxPreps All Northern California Defensive Player of the Year and Division III State Player of the Year as a senior in 2014. Led the Gators to a 13-0 record, the PAL Bay Division title and the CIF Central Coast Section Open Division crown in 2014, leading the team in tackles, with 116, despite missing much of the first half of the season due to an Achilles tendon injury suffered during track season. Also rushed for 1,086 yards on 106 carries, had 224 receiving yards and scored 19 touchdowns. As a junior, helped Sacred Heart to a 13-2 record, its first Northern California Division III title, and its first berth in the Division III championship game. Notched 204 total tackles (136 solo), six sacks and four interceptions while rushing for 451 yards and 11 TDs. Also was a sprinter on the track team, running the anchor leg on a 4x100 team that set a school record.

BEN BURR-KIRVEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

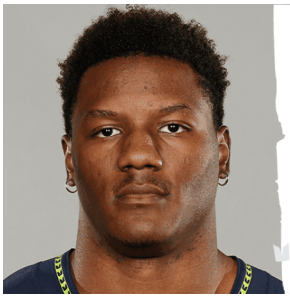
				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	**TEAM**	**GP**	**GS**	**TK**	**S**	**A**	**TFL**	**YDS**	**SK**	**YDS**	**QBH**	**NO**	**YDS**	**LG**	**TD**	**PD**	**FF**	**FR**	**YDS**	**TK**	**S**	**A**	**FF**	**FR**
2019	Seahawks	16	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	8	3	5	1	0
2020	Seahawks	16	0	3	3	0	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	5	4	1	0	0
NFL TOTALS		**32**	**0**	**3**	**3**	**0**	**1**	**2**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**13**	**7**	**6**	**1**	**0**

BEN BURR-KIRVEN'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	**TEAM**	**GP**	**GS**	**TK**	**S**	**A**	**TFL**	**YDS**	**SK**	**YDS**	**QBH**	**NO**	**YDS**	**LG**	**TD**	**PD**	**FF**	**FR**	**YDS**	**TK**	**S**	**A**	**FF**	**FR**
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BEN BURR-KIRVEN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 vs. New York Jets, Dec 13, 2020
Tackles For Loss	1 vs. New York Jets, Dec 13, 2020
Special Teams Tackles	2 vs. New York Jets, Dec 13, 2020
	...1 more at 2.
Special Teams Forced Fumbles	1 vs. Cincinnati Bengals, Sep 08, 2019



32 | RUNNING BACK

CHRIS CARSON

Height: 5-11 **Weight: 222**
College: Oklahoma State
Seasons: NFL : 5th, Seahawks 5th
Born: September 16, 1994
Hometown: Lilburn, Ga.

TRANSACTIONS:

04/29/17: Drafted by Seattle (7th round, 249th overall)
10/02/17: Placed on IR (leg)
12/24/19: Placed on IR (hip)
03/27/21: Re-signed with Seattle

NFL CAREER HIGHLIGHTS:

• His 12 100-yard games since 2018 rank fifth in the NFL.

• Started all 12 games played in 2020, missing four games midseason due to a foot injury. Posted a career-high 4.8 yards per carry average with 681 yards on only 141 carries. Tied career-high with 37 receptions for career-highs in yards (287) and touchdowns (4). Was one of three players (Kareem Hunt, Alvin Kamara) with four-plus rush touchdowns (5) and four-plus receiving touchdowns (4).

• Started all 15 games played and rushed for a career-high 1,230 yards (5th NFL) and seven touchdowns in 2019, including six 100-yard games, giving him twelve 100-yard games since 2018 (2nd NFL, Ezekiel Elliott). He became the sixth Seattle running back to produce back-to-back 1,000-yard seasons in franchise history and first since Marshawn Lynch (2011-14).

• Led the NFL's top-ranked rushing attack with 1,151 yards (5th NFL) and nine touchdowns in 2018, becoming Seattle's first 1,000-yard rusher since 2014 (Marshawn Lynch) and only the sixth player in franchise history to accomplish that feat. He was also one of four backs (Saquon Barkley, Ezekiel Elliott, Todd Gurley) with at least six 100-yard games during the season.

• As a rookie, started three of four games to begin the year before a leg injury vs. Indianapolis landed him on injured reserve for the remainder of the season.

• Drafted with the 31st pick in the seventh round (249th overall) of the 2017 NFL Draft. Second of two seventh-round picks in 2017. Third player selected out of Oklahoma State in club history (Last: Russell Okung, 2010).

COLLEGE: In two seasons at Oklahoma State, played in 21 games, rushing 213 times for 1,076 yards for a 5.1 avg. and 13 TDs. Was selected the 2016 Thurman Thomas Award (Team's outstanding offensive player) and was 2016 Team Captain as voted by teammates. Was OSU's second leading rusher as a senior with 559 yards on 82 carries (6.8 yards per attempt) despite missing four games early in the season due to injury. His nine rushing touchdowns led the team. Averaged 92.8 rushing yards per game in his final four games of the season and added five rushing touchdowns during that span. Added 13 catches for 128 yards on the year. Had a career-high 146 rushing yards in OSU's win over TCU. Scored three touchdowns against Kansas - two rushing and one receiving. As a junior led OSU in rushing with 131 attempts and 517 yards. Added 170 receiving yards on 17 catches. Started nine times in his first year with the program and played in every game but one, which he missed due to injury. Played for coach Troy Morrell at Butler C.C. Ran for 994 yards and nine touchdowns on 139 attempts during his final junior college season. Also made 12 receptions for 63 yards and two scores. Totaled 611 yards and eight touchdowns on 109 rushing attempts as a freshman. Also caught seven passes for 94 yards. A late addition to the 2015 signing class who was previously committed to Georgia.

PERSONAL: Played for coach Cecil Flowe at Parkview High School. Totaled 1,146 rushing yards and 17 rushing touchdowns on 219 attempts as a senior. Also caught 15 passes for 122 yards and a score. Named all-district as a senior. Also played basketball and competed in track and field. Signed with Georgia out of high school. Born in Biloxi, Miss. Son of Dina and Dorian Rowe. Majored in university studies/education.

REGULAR SEASON COMPARISON: RECEIVING/RUSHING - LAS VEGAS RAIDERS

				RUSHING					RECEIVING						
DATE	OPP	W/L	GP/GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	TGTS	YAC
10/14/18	SEA @ OAK	W	S	14	59	4.2	21	0	0	0	0	0	0	0	0
TOTALS		**1/0**	**1/1**	**14**	**59**	**4.2**	**21**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

CHRIS CARSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Seahawks	4	3	49	208	4.2	30	0	7	59	8.4	10t	1
2018	Seahawks	14	14	247	1,151	4.7	61	9	20	163	8.2	27	0
2019	Seahawks	15	15	278	1,230	4.4	59	7	37	266	7.2	21	2
2020	Seahawks	12	12	141	681	4.8	29t	5	37	287	7.8	29	4
NFL TOTALS		**45**	**44**	**715**	**3,270**	**4.6**	**61**	**21**	**101**	**775**	**7.7**	**29**	**7**

CHRIS CARSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	1	1	13	20	1.5	5	0	2	-1	-0.5	7	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	1	1	16	77	4.8	14	0	1	5	5.0	5	0
NFL TOTALS		**2**	**2**	**29**	**97**	**3.3**	**14**	**0**	**3**	**4**	**1.3**	**7**	**0**

CHRIS CARSON'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	32 vs. Dallas Cowboys, Sep 23, 2018	**Receiving TDs**	2 at Atlanta Falcons, Sep 13, 2020
Rushing Yards	133 at Carolina Panthers, Dec 15, 2019	**All-Purpose Yards**	159 at Cleveland Browns, Oct 13, 2019
Longest Runs	61 vs. Arizona Cardinals, Dec 30, 2018	**Miscellaneous Tackles**	1 vs. Arizona Cardinals, Dec 30, 2018
Rushing TDs	2 at Miami Dolphins, Oct 04, 2020	**Most TDs**	2 at Miami Dolphins, Oct 04, 2020
	...2 more at 2.		...4 more at 2.
Receptions	6 vs. Minnesota Vikings, Oct 11, 2020	**Rushing Average**	7.3 at Denver Broncos, Sep 09, 2018
	...3 more at 6.	**Receiving Average**	15.0 vs. New York Giants, Dec 06, 2020
Receiving Yards	45 vs. New York Giants, Dec 06, 2020		
	...1 more at 45.		
Longest Receptions	29 at San Francisco 49ers, Jan 03, 2021		

CHRIS CARSON'S 100-YARD RUSHING GAMES (12): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
12/15/19	at Panthers	24	133	5.5	23	2
10/13/19	at Browns	24	124	5.2	25	1
12/30/18	CARDINALS	19	122	6.4	61	1
12/16/18	at 49ers	22	119	5.4	26	1
10/03/19	RAMS	27	118	4.4	14	0
10/07/18	RAMS	19	116	6.1	21	0
12/23/18	CHIEFS	27	116	4.3	17	2
11/03/19	BUCCANEERS	16	105	6.6	59	0
10/28/18	at Lions	25	105	4.2	12	1
09/29/19	at Cardinals	22	104	4.7	12	0
09/23/18	COWBOYS	32	102	3.2	13	1
12/02/19	VIKINGS	23	102	4.4	25	1

CHRIS CARSON'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Falcons	S	6	21	3.5	11	0	6	45	7.5	19t	2	W	38-25
09/20	Patriots	S	17	72	4.2	13	0	3	36	12.0	18t	1	W	35-30
09/27	Cowboys	S	14	64	4.6	23	0	3	12	4.0	6	0	W	38-31
10/04	at Dolphins	S	16	80	5.0	18	2	3	20	6.7	11	0	W	31-23
10/11	Vikings	S	8	52	6.5	29t	1	6	27	4.5	13	0	W	27-26
10/25	at Cardinals	S	5	34	6.8	10	0	1	7	7.0	7	0	L	34-37+
11/01	49ers					ON INACTIVE LIST							W	37-27
11/08	at Bills					ON INACTIVE LIST							L	34-44
11/15	at Rams					ON INACTIVE LIST							L	16-23
11/19	Cardinals					INACTIVE							W	28-21
11/30	at Eagles	S	8	41	5.1	16t	1	2	18	9.0	12	0	W	23-17
12/06	Giants	S	13	65	5.0	11	0	3	45	15.0	28t	1	L	12-17
12/13	Jets	S	12	76	6.3	28	1	3	22	7.3	9	0	W	40-3
12/20	at Washington	S	15	63	4.2	13	0	2	6	3.0	3	0	W	20-15
12/27	Rams	S	16	69	4.3	15	0	3	10	3.3	6	0	W	20-9
01/03	at 49ers	S	11	44	4.0	9	0	2	39	19.5	29	0	W	26-23
2020 TOTALS		**12-12**	**141**	**681**	**4.8**	**29T**	**5**	**37**	**287**	**7.8**	**29**	**4**	**12-4**	

+ - Overtime

CHRIS CARSON'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Bengals	S	15	46	3.1	21	1	6	34	5.7	10t	1	W	21-20
09/15	at Steelers	S	15	60	4.0	21	0	3	27	9.0	10	0	W	28-26
09/22	Saints	S	15	52	3.5	22	0	1	-2	-2.0	-2	0	L	27-33
09/29	at Cardinals	S	22	104	4.7	12	0	4	41	10.3	17	0	W	27-10
10/03	Rams	S	27	118	4.4	14	0	1	5	5.0	5t	1	W	30-29
10/13	at Browns	S	24	124	5.2	25	1	4	35	8.8	21	0	W	32-28
10/20	Ravens	S	21	65	3.1	9	0	3	9	3.0	10	0	L	16-30
10/27	at Falcons	S	20	90	4.5	19	1	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	16	105	6.6	59	0	2	28	14.0	15	0	W	40-34+
11/11	at 49ers	S	25	89	3.6	9	1	3	12	4.0	5	0	W	27-24+
11/24	at Eagles	S	8	26	3.3	6	0	4	31	7.8	13	0	W	17-9
12/02	Vikings	S	23	102	4.4	25	1	1	7	7.0	7	0	W	37-30
12/08	at Rams	S	15	76	5.1	13	0	3	15	5.0	5	0	L	12-28
12/15	at Panthers	S	24	133	5.5	23	2	1	4	4.0	4	0	W	30-24
12/22	Cardinals	S	8	40	5.0	16	0	1	20	20.0	20	0	L	13-27
12/29	49ers						INJURED RESERVE						L	21-26
2019 TOTALS		**15-15**	**278**	**1,230**	**4.4**	**59**	**7**	**37**	**266**	**7.2**	**21**	**2**	**11-5**	

+ - Overtime

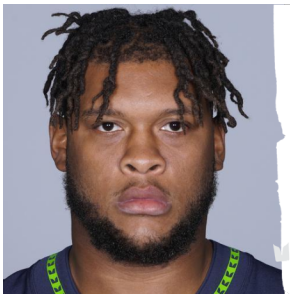
CHRIS CARSON'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/09	at Broncos	S	7	51	7.3	24	0	3	28	9.3	14	0	L	24-27
09/17	at Bears	S	6	24	4.0	9	0	0	0	0.0	0	0	L	17-24
09/23	Cowboys	S	32	102	3.2	13	1	2	22	11.0	19	0	W	24-13
09/30	at Cardinals						INACTIVE						W	20-17
10/07	Rams	S	19	116	6.1	21	0	1	11	11.0	11	0	L	31-33
10/14	at Raiders	S	14	59	4.2	21	0	0	0	0.0	0	0	W	27-3
10/28	at Lions	S	25	105	4.2	12	1	2	19	9.5	17	0	W	28-14
11/04	Chargers	S	8	40	5.0	15	0	0	0	0.0	0	0	L	17-25
11/11	at Rams						INACTIVE						L	31-36
11/15	Packers	S	17	83	4.9	15	1	0	0	0.0	0	0	W	27-24
11/25	at Panthers	S	16	55	3.4	16	1	2	8	4.0	6	0	W	30-27
12/02	49ers	S	13	69	5.3	23	0	3	39	13.0	27	0	W	43-16
12/10	Vikings	S	22	90	4.1	11	1	0	0	0.0	0	0	W	21-7
12/16	at 49ers	S	22	119	5.4	26	1	6	29	4.8	10	0	L	23-26+
12/23	Chiefs	S	27	116	4.3	17	2	0	0	0.0	0	0	W	38-31
12/30	Cardinals	S	19	122	6.4	61	1	1	7	7.0	7	0	W	27-24
2018 TOTALS		**14-14**	**247**	**1,151**	**4.7**	**61**	**9**	**20**	**163**	**8.2**	**27**	**0**	**10-6**	

+ - Overtime

CHRIS CARSON'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/10	at Packers	S	6	39	6.5	30	0	1	10	10.0	10	0	L	9-17
09/17	49ers	P	20	93	4.7	16	0	1	7	7.0	7	0	W	12-9
09/24	at Titans	S	11	34	3.1	7	0	2	18	9.0	10t	1	L	27-33
10/01	Colts	S	12	42	3.5	11	0	3	24	8.0	9	0	W	46-18
10/22	at Giants						DID NOT PLAY						W	24-7
10/29	Texans						DID NOT PLAY						W	41-38
11/05	Washington						DID NOT PLAY						L	14-17
11/09	at Cardinals						DID NOT PLAY						W	22-16
11/20	Falcons						DID NOT PLAY						L	31-34
11/26	at 49ers						DID NOT PLAY						W	24-13
12/03	Eagles						DID NOT PLAY						W	24-10
12/10	at Jaguars						DID NOT PLAY						L	24-30
12/17	Rams						DID NOT PLAY						L	7-42
12/24	at Cowboys						DID NOT PLAY						W	21-12
12/31	Cardinals						DID NOT PLAY						L	24-26
2017 TOTALS		**4-3**	**49**	**208**	**4.2**	**30**	**0**	**7**	**59**	**8.4**	**10T**	**1**	**8-7**	



79 | TACKLE

TOMMY CHAMPION

Height: 6-5
Weight: 320
College: Mississippi State
Seasons: NFL : 2nd, Seahawks 2nd
Born: March 4, 1997
Hometown: Jackson, Miss.

TRANSACTIONS:

05/01/20: Signed by Seattle as a UDFA
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

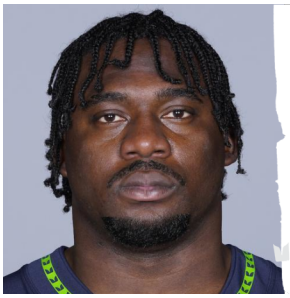
Played 18 games and started six times in two seasons at Mississippi State after transferring from Copiah-Lincoln Community College. Started six of 12 games played during his senior season playing both right tackle and left guard. Was ranked as the fifth-best offensive tackle in the nation out of junior college according to 247Sports and rated No. 96 on Scout.com's JUCO Top 100 list. Earned first-team all-state honors in 2016 at Copiah-Lincoln CC. Attended Callaway High School and was a consensus four-star prospect out of high school. Rated as the seventh-best player in the state of Mississippi by 247Sports.

TOMMY CHAMPION'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	0	0
NFL TOTALS		**0**	**0**

TOMMY CHAMPION'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	0	0
NFL TOTALS		**0**	**0**



91 | DEFENSIVE END

L.J. COLLIER

Height: 6-3 **Weight:** 291
College: TCU
Seasons: NFL : 3rd, Seahawks 3rd
Born: September 12, 1995
Hometown: Munday, Texas

TRANSACTIONS:

04/25/19: Drafted by Seattle (1st round, 29th overall)

NFL CAREER HIGHLIGHTS:

• Started all 16 games for the first time in his career and posted a career-high 3.0 sacks. Teamed with Lano Hill on a goal-line stand to tackle Cam Newton to seal a victory (9/20/20).

• Saw limited playing time during his rookie year, playing in 11 games and being inactive for five.

COLLEGE: Totaled 82 tackles in his TCU career, including 20.5 for a loss with 14.5 sacks. Played in 42 games. A first team All Big 12 selection by the conference head coaches and Pro Football Focus. PFF gave him the highest grade among edge rushers in the Big 12 in 2018. Placed second on TCU with his career high 6.0 sacks and 11.5 tackles for loss. Tied for third on the team with four pass breakups, the most by a TCU defensive lineman.

PERSONAL: Three star recruit ranked No. 11 in Texas and No. 71 nationally for defensive ends by Scout.com. Was the District 8 A Defensive Most Valuable Player as a senior at Munday High School. Was also a first team selection at tight end. Caught 22 passes for 465 yards his junior year.

L.J. COLLIER'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	11	0	3	2	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	16	16	22	16	6	4	8	3.0	6.0	7	0	0	0	0	2	0	0	0	0	0	0	0	0
NFL TOTALS		**27**	**16**	**25**	**18**	**7**	**4**	**8**	**3.0**	**6.0**	**7**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

L.J. COLLIER'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	1	1	0	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**1**	**1**	**1**	**0**	**0**	**0**	**0.0**	**0.0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

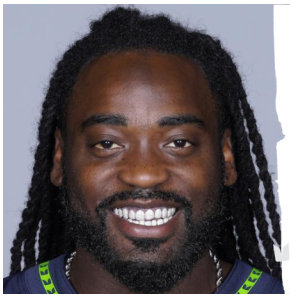
L.J. COLLIER'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 3 at Philadelphia Eagles, Nov 30, 2020
...1 more at 3.

Sacks 1.0 at Washington, Dec 20, 2020
...2 more at 1.0.

Passes Defensed 1 vs. New York Jets, Dec 13, 2020
...1 more at 1.

Tackles For Loss 1 at Washington, Dec 20, 2020
...3 more at 1.



41 | RUNNING BACK

ALEX COLLINS

Height: 5-10	Weight: 210
College:	Arkansas
Seasons:	NFL : 5th, Seahawks 3rd
Born:	August 26, 1994
Hometown:	Fort Lauderdale, Fla.

TRANSACTIONS:

04/30/16: Drafted by Seattle (5th round, 171st overall)
09/02/17: Released by Seattle
09/05/17: Signed to Baltimore's PS
09/16/17: Signed to Baltimore's active roster
12/01/18: Placed on IR (foot)
03/01/19: Released by Baltimore
11/01/19: Suspended by Commissioner
11/19/19: Suspension Lifted by Commissioner
11/04/20: Signed to Seattle's PS
01/18/21: Contract expired
02/24/21: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Returned to Seattle mid-way through the 2020 season due to injuries at the position. Saw action in three games as a practice squad elevation and rushed 18 times for 77 yards with two touchdowns.

• Collins, who the Seahawks drafted in the fifth-round of the 2016 draft, appeared in 11 games as a rookie, then spent the next two seasons in Baltimore after the Seahawks released him prior to the start of the 2017 season. His best season came in 2017 when he started 12 of 15 games played, leading the Ravens with 973 rushing yards and six touchdowns on 212 carries.

COLLEGE: Played in 38 games with 14 starts for Arkansas. Totaled 3,703 yards rushing and 36 touchdowns on 271 carries. Became only the third player in SEC history to open his career with three consecutive 1,000-yard seasons, joining former Razorback Darren McFadden and Georgia's Herschel Walker Added 27 receptions for 167 yards. Finished his career ranked second all-time in Arkansas history in career yards rushing (3,703), 100-yard games (17) and fourth in rushing touchdowns (36). Was a Doak Walker Award semifinalist as a junior after putting together one of the best individual seasons in program history at any position. Played in 13 contests with12 starts and finished junior season ranked third in the SEC in rushing yards (1,577; 12th in FBS), rushing touchdowns (20; T 6th in FBS) and yards per game (121.31; 12th in FBS). Tied program records in 100-yard rushing games (10), 150-yard rushing games (5), and 100-yard rushing games in SEC action (6). Set the program record for rushing touchdowns in a single season (20). Named SEC Freshman of the Year, a freshman All-American and to the SEC All-Freshman Team. Became the first freshman in SEC history to begin career with three straight 100-yard rushing games and the first true freshman in FBS since Oklahoma's Adrian Peterson in 2004. Became the second freshman in school history, 10th true freshman in SEC history and 68th true freshman in NCAA history to reach1,000 rushing yards, finishing the season with1,026 on 190 carries with four touchdowns.

PERSONAL: Ranked as the No. 1 running back in the country, No. 5 prospect in Florida and No.17 overall in the nation by 247Sports.com. Tabbed as the No. 3 running back in the nation by Scout.com and as the No. 20 overall prospect in Florida. Rushed for 1,400 yards and 14 touchdowns as a senior at South Plantation High despite missing three games due to injury, helping his team to nine wins, the district title and a berth in the 8A state playoffs. Named Broward County Player of the Year as a junior after rushing for 1,786 yards and 28 touchdowns. Also played lacrosse and ran the third leg on South Plantation's state-champion 4×100 relay. An avid Irish dancer. Majored in criminal justice.

ALEX COLLINS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2016	Seahawks	11	0	31	125	4.0	26	1	11	84	7.6	14	0
2017	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
				Went from **Seattle** to **Baltimore**.									
2017	Ravens	15	12	212	973	4.6	50	6	23	187	8.1	37	0
2017	TOTAL	15	12	212	973	4.6	50	6	23	187	8.1	37	0
2018	Ravens	10	10	114	411	3.6	19	7	15	105	7.0	24	1
2020	Seahawks	3	1	18	77	4.3	13t	2	1	4	4.0	4	0
NFL TOTALS		**39**	**23**	**375**	**1,586**	**4.2**	**50**	**16**	**50**	**380**	**7.6**	**37**	**1**

ALEX COLLINS' NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2016	Seahawks	2	0	8	27	3.4	10	0	3	28	9.3	12	0
2020	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**3**	**0**	**8**	**27**	**3.4**	**10**	**0**	**3**	**28**	**9.3**	**12**	**0**

ALEX COLLINS' NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2016	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2017	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
					Went from **Seattle** to **Baltimore**.							
2017	Ravens	2	50	25.0	27	0	0	0	0	0.0	0	0
2017	TOTAL	2	50	25.0	27	0	0	0	0	0.0	0	0
2018	Ravens	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**2**	**50**	**25.0**	**27**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

ALEX COLLINS' NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2016	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

ALEX COLLINS' SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	20 vs. Cincinnati Bengals, Dec 31, 2017
	...1 more at 20.
Rushing Yards	120 at Pittsburgh Steelers, Dec 10, 2017
Longest Runs	50 vs. Pittsburgh Steelers, Oct 01, 2017
Rushing TDs	2 at Tennessee Titans, Oct 14, 2018
	...1 more at 2.
Receptions	5 at Cleveland Browns, Dec 17, 2017
Receiving Yards	55 at Cincinnati Bengals, Sep 13, 2018
Longest Receptions	37 at Pittsburgh Steelers, Dec 10, 2017
Receiving TDs	1 at Pittsburgh Steelers, Sep 30, 2018
All-Purpose Yards	166 at Pittsburgh Steelers, Dec 10, 2017
Kickoff Returns	2 vs. Pittsburgh Steelers, Oct 01, 2017
Kickoff Return Yards	50 vs. Pittsburgh Steelers, Oct 01, 2017
Longest Kickoff Return	27 vs. Pittsburgh Steelers, Oct 01, 2017
Miscellaneous Tackles	1 vs. Buffalo Bills, Sep 09, 2018
	...1 more at 1.
Most TDs	2 at Tennessee Titans, Oct 14, 2018
	...1 more at 2.

ALEX COLLINS' 100-YARD RUSHING GAMES (2): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
12/10/17	at Steelers	18	120	6.7	21	1
10/26/17	DOLPHINS	18	113	6.3	19	0

ALEX COLLINS' 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
11/08	at Bills						PRACTICE SQUAD						L	34-44
11/15	at Rams						PRACTICE SQUAD						L	16-23
11/19	Cardinals						PRACTICE SQUAD						W	28-21
11/30	at Eagles						PRACTICE SQUAD						W	23-17
12/06	Giants						PRACTICE SQUAD						L	12-17
12/13	Jets						PRACTICE SQUAD						W	40-3
12/20	at Washington						PRACTICE SQUAD						W	20-15
12/27	Rams						PRACTICE SQUAD						W	20-9
01/03	at 49ers						PRACTICE SQUAD						W	26-23
2020 TOTALS		**0-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**6-3**	

ALEX COLLINS' 2018 GXG REGULAR-SEASON STATISTICS (RAVENS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/09	Bills	S	7	13	1.9	8t	1	1	6	6.0	6	0	W	47-3
09/13	at Bengals	S	9	35	3.9	14	0	3	55	18.3	24	0	L	23-34
09/23	Broncos	S	18	68	3.8	14	1	3	6	2.0	8	0	W	27-14
09/30	at Steelers	S	11	42	3.8	11	0	1	3	3.0	3t	1	W	26-14
10/07	at Browns	S	12	59	4.9	19	0	1	7	7.0	7	0	L	9-12+
10/14	at Titans	S	19	54	2.8	13t	2	0	0	0.0	0	0	W	21-0
10/21	Saints	S	11	38	3.5	9	0	3	10	3.3	6	0	L	23-24
10/28	at Panthers	S	11	49	4.5	15	1	2	14	7.0	10	0	L	21-36
11/04	Steelers	S	9	35	3.9	9	1	1	4	4.0	4	0	L	16-23
11/18	Bengals	S	7	18	2.6	7t	1	0	0	0.0	0	0	W	24-21
11/25	Raiders						INACTIVE						W	34-17
12/02	at Falcons						DID NOT PLAY						W	26-16
12/09	at Chiefs						DID NOT PLAY						L	24-27+
2018 TOTALS		**10-10**	**114**	**411**	**3.6**	**19**	**7**	**15**	**105**	**7.0**	**24**	**1**	**7-6**	

+ - Overtime

ALEX COLLINS' 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS/RAVENS)

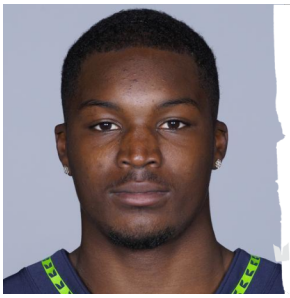
			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/10	at Packers						DID NOT PLAY						L	9-17
							Went from **Seahawks** to **Ravens**.							
09/17	Browns	P	7	42	6.0	16	0	0	0	0.0	0	0	W	24-10
09/24	at Jaguars	P	9	82	9.1	19	0	0	0	0.0	0	0	L	7-44
10/01	Steelers	S	9	82	9.1	50	0	0	0	0.0	0	0	L	9-26
10/08	at Raiders	P	12	55	4.6	25	0	0	0	0.0	0	0	W	30-17
10/15	Bears	S	15	74	4.9	30	0	0	0	0.0	0	0	L	24-27+
10/22	at Vikings	S	10	30	3.0	8	0	0	0	0.0	0	0	L	16-24
10/26	Dolphins	S	18	113	6.3	19	0	2	30	15.0	27	0	W	40-0
11/05	at Titans	S	13	43	3.3	14	0	1	3	3.0	3	0	L	20-23
11/19	at Packers	S	20	49	2.5	9	1	4	22	5.5	21	0	W	23-0
11/27	Texans	S	16	60	3.8	29	1	2	-3	-1.5	0	0	W	23-16
12/03	Lions	S	15	75	5.0	11	2	2	23	11.5	14	0	W	44-20
12/10	at Steelers	S	18	120	6.7	21	1	2	46	23.0	37	0	L	38-39
12/17	at Browns	S	12	19	1.6	6	0	5	33	6.6	14	0	W	27-10
12/23	Colts	S	18	51	2.8	14	0	3	15	5.0	15	0	W	23-16
12/31	Bengals	S	20	78	3.9	17t	1	2	18	9.0	11	0	L	27-31
2017 TOTALS		**15-12**	**212**	**973**	**4.6**	**50**	**6**	**23**	**187**	**8.1**	**37**	**0**	**8-8**	

+ - Overtime

ALEX COLLINS' 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L/T**	**SCORE**
09/11	Dolphins						INACTIVE						W	12-10
09/18	at Rams	P	2	0	0.0	0	0	0	0	0.0	0	0	L	3-9
09/25	49ers	P	4	12	3.0	4	0	2	19	9.5	10	0	W	37-18
10/02	at Jets	P	1	1	1.0	1	0	0	0	0.0	0	0	W	27-17
10/16	Falcons	P	1	2	2.0	2t	1	1	9	9.0	9	0	W	26-24
10/23	at Cardinals	P	1	2	2.0	2	0	0	0	0.0	0	0	T	6-6+
10/30	at Saints						INACTIVE						L	20-25
11/07	Bills	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-25
11/13	at Patriots	P	1	2	2.0	2	0	0	0	0.0	0	0	W	31-24
11/20	Eagles						INACTIVE						W	26-15
11/27	at Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	5-14
12/04	Panthers						INACTIVE						W	40-7
12/11	at Packers	P	7	23	3.3	8	0	3	33	11.0	14	0	L	10-38
12/15	Rams						INACTIVE						W	24-3
12/24	Cardinals	P	7	28	4.0	13	0	4	19	4.8	9	0	L	31-34
01/01	at 49ers	P	7	55	7.9	26	0	1	4	4.0	4	0	W	25-23
2016 TOTALS		**11-0**	**31**	**125**	**4.0**	**26**	**1**	**11**	**84**	**7.6**	**14**	**0**	**10-5-1**	

+ - Overtime



39 | FREE SAFETY

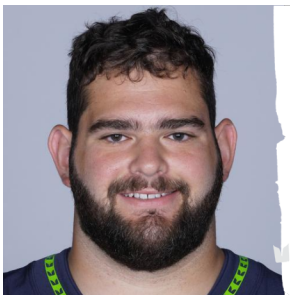
AASHARI CROSSWELL

Height: 6-0	Weight: 208
College:	Arizona State
Season:	Rookie
Born:	August 8, 2000
Hometown:	Watts, Calif.

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Played in 27 games with 93 tackles (76 solo), six interceptions and 25 passes defensed for the Sun Devils from 2018-20. Played in one game in 2020 before opting out the rest of the season. In 2019, he totaled a career-high 53 tackles, 12 passes defensed and forced three fumbles, which was tied for first in the Pac-12. Led the team with four interceptions during his freshman season. Prepped at Long Beach Poly and was a consensus four-star prospect amongst all major recruiting services. Listed as the no. 6 safety in the country by ESPN, the no. 10 safety by 24/7 and the no. 13 safety by Rivals. Played in 11 games as a senior recording 47 tackles, seven passes defensed and three interceptions. Scored four different ways as a senior; a kickoff return touchdown, punt return touchdown, two rushing touchdowns and a pick-six.



74 | TACKLE

JAKE CURHAN

Height: 6-6	Weight: 316
College:	California
Season:	Rookie
Born:	February 9, 1998
Hometown:	Larkspur, Calif.

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Started 40 of 42 games at right tackle during his Bears career. Was a two-time honorable mention All-Pac-12 selection in his final two campaigns as a 2019 junior and 2020 senior. Had a string of 39 consecutive starts snapped when he did not start at Oregon State due to COVID-19 protocols but did return to the starting lineup for his final career game. Honored with the Pac-12's annual academic recognition for three consecutive seasons as a second-team Pac-12 All-Academic selection as both a redshirt freshman and sophomore, as well as a member of the league's initial Pac-12 Academic Honor Roll. Named Cal's winner of the Brick Muller Award as its most valuable lineman on offense as a junior. A three-year varsity starter at Redwood High from 2013-15 who didn't begin playing football until he was a sophomore in 2013. Earned first-team All-State Medium School honors from Cal-Hi Sports, San Francisco All-Metro honors and was named the Marin County Athletic League Lineman of the Year as a 2015 senior after moving to left tackle and anchoring the offensive line for a team that averaged 212.9 yards per game on the ground. Also played on the defensive line as a senior and had team highs of 6.0 sacks as well as the team's lone safety for a squad that reached the North Coast Section Division II playoffs for the first time during his prep career. Also played one season of basketball as a sophomore in 2013-14 and participated in 26 games. Graduated from Cal in December of 2020 with a bachelor's degree in business administration.

35 | CORNERBACK

PIERRE DESIR

Height: 6-2	Weight: 206
College:	Lindenwood
Seasons:	NFL : 8th, Seahawks 2nd
Born:	September 8, 1990
Hometown:	St. Peters, Mo.
Pronunciation:	duh-ZEER

TRANSACTIONS:

05/10/14: Drafted by Cleveland (4th round, 127th overall)
09/03/16: Released by Cleveland
09/04/16: Claimed off waivers by San Diego
10/22/16: Released by San Diego
10/25/16: Re-signed by San Diego
10/29/16: Released by San Diego
11/02/16: Signed to Seattle's PS
09/02/17: Released by Seattle
09/03/17: Claimed off waivers by Indianapolis
12/05/17: Placed on IR (shoulder)
03/21/18: Re-signed by Indianapolis
03/14/19: Re-signed by Indianapolis
03/21/20: Released by Indianapolis
04/02/20: Signed by N.Y. Jets as a FA
11/17/20: Released by N.Y. Jets
11/28/20: Signed to Baltimore's PS
01/25/21: Contract expired
04/23/21: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Returns to Seattle after spending half of the 2016 season on the practice squad and 2017 training camp with the Seahawks.

• Was claimed off waivers by Indianapolis in 2017 and went on to have his most success with the Colts, starting 29 of 37 games played from 2017-2019, recording five interceptions, 26 passes defensed, 161 tackles and two forced fumbles. Began the 2020 season with the Jets, recording three interceptions in nine games, then was waived in November. He finished the season with the Ravens, appearing in three games.

• Desir has been his team's nominee for the Walter Payton NFL Man of the

Year Award each of the past two years, being the Colts' nominee in 2019 and the Jets' nominee in 2020.

COLLEGE: Played first two seasons at Washburn before transferring to Lindenwood to be closer to his family. Earned the Cliff Harris Award, given to the top small-college defensive player as a senior in 2013. Finished career tied for 11th in Division II history with 25 interceptions. Set a Mid America Intercollegiate Athletic Association record with 52 passes defended. Three-time NCAA Division II All-American and four-time All-MAIAA selection. Became the first Lindenwood player to earn All-America honors. Finished second among all levels of NCAA football with nine interceptions in2012 and tied for first in NCAA Division II with 18 passes defended. Became just the sixth player in MAIAA history to collect more than 20 interceptions in a career. Tied the school's single-game record with two interceptions, accomplishing the feat in three games. Recorded five interceptions as a sophomore at Washburn and seven as a freshman.

PERSONAL: Attended Francis Howell Central High in St, Louis, Mo. Earned all-state honors as a defensive back and set school records in track, and lettered in basketball. Born in Port-au-Prince, Haiti, his family immigrated to the U.S. when he was four years old.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
9/27/15	CLV vs. OAK	L	P	2	2	0	0.0	0.0	0	0	1	0	0	0	0
10/28/18	IND @ OAK	W	P	7	5	2	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/1**	**2/0**	**9**	**7**	**2**	**0.0**	**0.0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**

PIERRE DESIR'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2014	Browns	5	1	9	9	0	0	0	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2015	Browns	14	6	36	29	7	0	0	0.0	0.0	0	0	0	0	0	5	0	0	0	1	1	0	0	0	0	0
2016	Chargers	5	0	3	3	0	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2017	Colts	9	6	32	21	11	0	0	0.0	0.0	0	1	0	0	0	7	0	0	0	0	0	0	0	0	0	0
2018	Colts	16	12	79	60	19	2	4	0.0	0.0	0	1	1	1	0	8	2	1	0	0	0	0	0	0	0	0
2019	Colts	12	11	50	38	12	1	1	0.0	0.0	0	3	0	0	0	11	0	0	0	0	0	0	0	0	0	0
2020	Jets	9	8	46	37	9	2	5	0.0	0.0	0	3	58	35t	1	8	1	0	0	1	0	1	0	0	0	0
Went from **N.Y. Jets** to **Baltimore**.																										
2020	Ravens	3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	2	2	0	0	0	0	0
2020	TOTAL	12	8	46	37	9	2	5	0.0	0.0	0	3	58	35t	1	8	1	0	0	3	2	1	0	0	0	0
NFL TOTALS		**73**	**44**	**255**	**197**	**58**	**5**	**10**	**0.0**	**0.0**	**0**	**8**	**59**	**35T**	**1**	**42**	**3**	**1**	**0**	**4**	**3**	**1**	**0**	**0**	**0**	**0**

PIERRE DESIR'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2018	Colts	2	2	11	8	3	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2020	Ravens	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**2**	**11**	**8**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

PIERRE DESIR'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 vs. Arizona Cardinals, Oct 11, 2020 ...1 more at 12.	**Tackles For Loss**	1 at Kansas City Chiefs, Nov 01, 2020 ...4 more at 1.
Passes Defensed	5 vs. Carolina Panthers, Dec 22, 2019	**Interceptions**	2 vs. Denver Broncos, Oct 01, 2020 ...1 more at 2.
Forced Fumbles	1 at Kansas City Chiefs, Nov 01, 2020 ...2 more at 1.	**Interception Return Yards**	35 vs. Denver Broncos, Oct 01, 2020
Fumble Recoveries	1 at Washington, Sep 16, 2018	**Special Teams Tackles**	2 vs. New York Giants, Dec 27, 2020

4 | PUNTER

MICHAEL DICKSON

Height: 6-2	Weight: 208
College:	Texas
Seasons:	NFL : 4th, Seahawks 4th
Born:	January 4, 1996
Hometown:	Sydney, Australia

PRO BOWL '18

AP 1ST TEAM '18

TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 149th overall)

NFL CAREER HIGHLIGHTS:

• Led NFL with 32 punts downed inside the 20 and led NFC (2nd NFL) with a single-season franchise record 49.6 average. Ranked second in the NFC (3rd NFL) with a single-season franchise record 44.4 net average. Earned NFC Special Teams Player of the Week twice during the 2020 season (Weeks 2 and 15).

• Tied (Jeff Feagles, Jon Ryan) for the franchise-record for most punts landing inside the 20 in a single-season with 34 in 2019.

• Earned first-team All-Pro as a rookie after finishing second in the NFL with a club record 48.2-yard average. Was sixth in the NFL with a club record 42.5 net average. Second Seahawks punter named to the All Pro team, and first time since Rick Tuten earned second-team honors in 1994. Also earned a Pro Bowl bid as a rookie, following Tuten (1994) as only the second Pro Bowl punter in team history. Earned NFC Special Teams Player of the Month (November) and NFC Special Teams Player for Week 8.

COLLEGE: After growing up in Australia, playing Australian Rules Football, transitioned to American football and played three years at Texas, finishing his career as UT's all-time leader in punting average at 45.32 yards per punt. Punted a school-record 226 times for a school-record 10,242 yards. Was the recipient of the 2017 Ray Guy Award. Named a unanimous first team All-American (AFCA, AP, FWAA, SN, WCFF). The 2016 and 2017 Big 12 Conference Special Teams Player of the Year. Named first team All-Big 12 at punter in both 2016 and 2017. Named 2017 Big 12 Football Scholar-Athlete of the Year and an Academic All-Big 12 First Team member. Also an All-American in 2016.

PERSONAL: During high school played Australian Rules Football, serving mostly as a defender. Started each match in his career. Averaged approximately 20 disposals per game (a kick/punt or a hand pass). During 2014, participated for the Sydney Swans Academy (professional development team) and represented his state (NSW). Born in Sydney, Australia. Lived in Melbourne, Australia for the five months preceding his move to the United States in the summer of 2015. Mother is Lily Baum and stepfather is Stephen Baum. Has one sister, Rubie.

REGULAR SEASON COMPARISON: PUNTING - LAS VEGAS RAIDERS

DATE	OPP	W/L	GP/GS	NO.	YDS.	AVG.	TB	I20	LG
10/14/18	SEA @ OAK	W	P	2	86	43.0	0	2	50
TOTALS		**1/0**	**1/0**	**2**	**86**	**43.0**	**0**	**2**	**50**

MICHAEL DICKSON'S NFL REGULAR SEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG.	TB	IN20	LG	BK
2018	Seahawks	16	78	3,759	48.2	36	304	3,355	42.5	5	28	69	1
2019	Seahawks	16	74	3,341	45.1	34	213	3,028	40.9	5	34	63	0
2020	Seahawks	16	61	3,028	49.6	28	199	2,709	44.4	6	32	67	0
NFL TOTALS		**48**	**213**	**10,128**	**47.5**	**98**	**716**	**9,092**	**42.5**	**16**	**94**	**69**	**1**

MICHAEL DICKSON'S NFL POSTSEASON PUNTING STATISTICS

DATE	TEAM	GP	NO.	YDS.	AVG.	OPP. RET.	YDS.	NET YDS.	AVG.	TB	IN20	LG	BK
2018	Seahawks	1	7	360	51.4	6	80	280	40.0	0	1	60	0
2019	Seahawks	2	7	325	46.4	1	6	299	42.7	1	4	64	0
2020	Seahawks	1	8	446	55.8	1	9	397	49.6	2	3	71	0
NFL TOTALS		**4**	**22**	**1,131**	**51.4**	**8**	**95**	**976**	**44.4**	**3**	**8**	**71**	**0**

ADDITIONAL STATS

Rushing: 2018 (Rushed once for 9 yards). **Career:** Rushed once for 9 yards.
Special Teams Tackles: 2020 (1). **Career:** 1.

MICHAEL DICKSON'S SINGLE-GAME HIGHS: PUNTER

Punts	8 vs. Cincinnati Bengals, Sep 08, 2019
	...2 more at 8.
Gross Punting Yards	426 at San Francisco 49ers, Dec 16, 2018
Gross Punting Avg	59.0 at Denver Broncos, Sep 09, 2018
Net Punting Yards	356 at San Francisco 49ers, Dec 16, 2018
Net Punting Avg	57.5 at Denver Broncos, Sep 09, 2018
Longest Punts	69 at Denver Broncos, Sep 09, 2018
Inside the 20	5 at Philadelphia Eagles, Nov 24, 2019
Rush Attempts	1 at Detroit Lions, Oct 28, 2018
Rushing Yards	9 at Detroit Lions, Oct 28, 2018
Longest Runs	9 at Detroit Lions, Oct 28, 2018
Special Teams Tackles	1 at San Francisco 49ers, Jan 03, 2021

6 | FREE SAFETY

QUANDRE DIGGS

Height: 5-9	Weight: 197
College:	Texas
Seasons:	NFL : 7th, Seahawks 3rd
Born:	January 22, 1993
Hometown:	Houston, Texas
Pronunciation:	KWAHN-dray

PRO BOWL '20

TRANSACTIONS:

05/02/15: Drafted by Detroit (6th round, 200th overall)
12/06/16: Placed on IR (pectoral)
10/23/19: Traded to Seattle

NFL CAREER HIGHLIGHTS:

• Named to his first Pro Bowl in 2020 after leading the NFC (T4th NFL) with a career-high five interceptions. It was most interceptions by a Seahawks player since Earl Thomas recorded five in 2015. Started all 16 games for the second time in his career and added a career-high 10 passes defensed.

• Started all seven games played for Seattle (five regular season, two postseason) and was inactive for four in 2019. Tied for the team-lead with three interceptions. Set career-high with two interceptions at the L.A. Rams, returning one 55 yards for a touchdown, the longest return of his career and the second pick-six of his career.

• Started 40 of 65 games for the Detroit Lions before being traded to Seattle on October 23, 2019.

• Recorded a career-high 10 tackles (nine solo) against Green Bay in Week 5 (10/7/18). His nine solo tackles were also a personal best.

• Recorded his fourth career interception against the New York Jets in Week 1 (9/10/18) and returned it for a touchdown. It marked the first time the Lions have ever recorded an interception returned for a touchdown on the first play from scrimmage.

COLLEGE: A four-year cornerback at Texas who played in 52 career games (49 starts) and ended his career tied for ninth on the Texas all-time list for interceptions (11), while his 37 career passes defensed are also tied for ninth in school history. Earned All-Big 12 honors three times (2011, 2013, 2014) and started 48 of his final 49 games. Did not miss a game in his Texas career. Earned 2014 first-team All-Big 12 honors from ESPN and was a second team pick by the Associated Press and the league's coaches. Was invited to the 2015 Senior Bowl following his final season at Texas where he finished with a career-high 73 total tackles (52 solo), two sacks, three interceptions, five passes defensed and one forced fumble in 13 games (13 starts).

PERSONAL: Attended Angleton High where he was a two-time all-state and four-time all-district selection at multiple positions. Was a four-year starter at Angleton and finished his career with 8,265 all-purpose yards and 83 touchdowns on offense, rushing for 4,409 yards and 58 touchdowns, passing for 1,938 yards and 11 touchdowns and catching 10 passes for 301 yards and three touchdowns. On defense, totaled 237 tackles, 19 tackles for loss, six sacks, 10 interceptions, 52 pass breakups, 11 forced fumbles, four fumble recoveries, seven blocked kicks and returned four interceptions for scores. Brother, Quentin Jammer, was a three-year starter and All-American defensive back at Texas (1997-98, 2000-01) and played for the Denver Broncos in 2013 after 11 seasons with the San Diego Chargers (2002-12). Also lettered three years in track and was a two-year letterman in basketball. Earned a bachelor's degree in physical culture and sports with a minor in social work from Texas, and was a member of the Big 12 Commissioner's Honor Roll in 2013.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/22/15	DET vs. OAK	W	S	5	4	1	0.0	0.0	0	0	1	0	0	1	0
TOTALS		**1/0**	**1/1**	**5**	**4**	**1**	**0.0**	**0.0**	**0**	**0**	**1**	**0**	**0**	**1**	**0**

QUANDRE DIGGS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2015	Lions	16	4	35	28	7	2	7	0.0	0.0	0	0	0	0	0	6	1	1	0	3	3	0	0	0
2016	Lions	12	4	42	38	4	2	4	0.0	0.0	1	0	0	0	0	1	1	0	0	2	2	0	0	0
2017	Lions	16	11	54	44	10	5	11	1.0	0.0	2	3	28	16	0	9	1	0	0	1	1	0	0	0
2018	Lions	16	16	78	64	14	3	4	0.0	0.0	1	3	41	37t	1	8	0	0	0	0	0	0	0	0
2019	Lions	5	5	20	17	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
	Went from **Detroit** to **Seattle**.																							
2019	Seahawks	6	6	21	10	11	0	0	0.0	0.0	0	3	99	55t	1	3	1	1	0	0	0	0	0	0
2019	TOTAL	11	11	41	27	14	0	0	0.0	0.0	0	3	99	55t	1	3	1	1	0	0	0	0	0	0
2020	Seahawks	16	16	64	42	22	0	0	0.0	0.0	0	5	57	32	0	10	0	0	0	0	0	0	0	0
NFL TOTALS		**87**	**62**	**314**	**243**	**71**	**12**	**26**	**1.0**	**0.0**	**4**	**14**	**225**	**55T**	**2**	**37**	**4**	**2**	**0**	**6**	**6**	**0**	**0**	**0**

QUANDRE DIGGS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2016	Lions	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	8	6	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	5	4	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**3**	**13**	**10**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

QUANDRE DIGGS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Green Bay Packers, Oct 07, 2018
Sacks	1.0 vs. Chicago Bears, Dec 16, 2017
Passes Defensed	3 vs. Arizona Cardinals, Sep 10, 2017
Forced Fumbles	1 at Philadelphia Eagles, Nov 24, 2019 ...3 more at 1.
Fumble Recoveries	1 at Philadelphia Eagles, Nov 24, 2019 ...1 more at 1.
Tackles For Loss	2 vs. Pittsburgh Steelers, Oct 29, 2017
Interceptions	2 at Los Angeles Rams, Dec 08, 2019
Interception Return Yards	55 at Los Angeles Rams, Dec 08, 2019
Special Teams Tackles	1 at Chicago Bears, Nov 19, 2017 ...5 more at 1.

89 | TIGHT END

WILL DISSLY

Height: 6-4	Weight: 265
College:	Washington
Seasons:	NFL : 4th, Seahawks 4th
Born:	July 8, 1996
Hometown:	Bozeman, Mont.

TRANSACTIONS:

04/28/18: Drafted by Seattle (4th round, 120th overall)
10/02/18: Placed on IR (knee)
10/19/19: Placed on IR (Achilles)

NFL CAREER HIGHLIGHTS:

• Returned from two season-ending injuries in 2018 and 2019 to play in all 16 games with 12 starts in 2020. Posted a career-high 24 catches for 251 yards and two touchdowns.

• Started the first six games of 2019 with four touchdowns before landing on injured reserve (Achilles). Has six touchdowns in his first 10 NFL games played, good for third in NFL history.

• First-career start came in 2018 season opener at Denver and had three receptions for 105 yards and a touchdown. Had a 66-yard reception that was the longest by a Seahawks rookie tight end in team history and longest by a rookie since Darrell Jackson's 71-yarder in 2000.

COLLEGE: Played in 46 games with 17 starts at the UW. Earned Academic All-Pac-12 honorable mention his senior season. Started career at defensive end but made the switch to tight end before his junior season, where he would start 16 of 27 games played and record 25 receptions for 336 yards and three touchdowns. Had a career night against Montana in 2017, catching five passes for 79 yards and two touchdowns – all career highs. Co-winner of the Husky Excellence Award at the UW postseason awards banquet following his senior season. During his first two seasons, played in 19 games on defense and recorded 10 tackles (7 solo), three tackles for loss, one sack and one forced fumble.

PERSONAL: Played football for coach Troy Purcell at Bozeman High School (Montana). Named the Gatorade Player of the Year for the state of Montana. Earned Parade All America honorable mention, the second Montana player ever named to the Parade team, honorable mention or otherwise, and the first since 1990. Also the Defensive Co MVP of the Montana AA level as well as the first team AA all state at defensive end and tight end as a junior and senior. Racked up 57 tackles, 12 for a loss and 9.5 sacks while catching 55 passes for 917 yards and 11 touchdowns. As a senior, helped lead the Hawks to a 14-0 record and the AA state championship while out scoring opponents, 689 to 209, for the season. Earned second team all state at tight end as a sophomore, when he scored 13 touchdowns. Threw shot and discus in high school, finishing second in discus and fourth in shot at the state meet as a junior in 2013.

WILL DISSLY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	4	4	8	156	19.5	66	2	0	0	0.0	0	0
2019	Seahawks	6	6	23	262	11.4	38	4	1	7	7.0	7	0
2020	Seahawks	16	10	24	251	10.5	28	2	0	0	0.0	0	0
NFL TOTALS		**26**	**20**	**55**	**669**	**12.2**	**66**	**8**	**1**	**7**	**7.0**	**7**	**0**

WILL DISSLY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	1	0	1	1	1.0	1	0	0	0	0.0	0	0
NFL TOTALS		**1**	**0**	**1**	**1**	**1.0**	**1**	**0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2019 (2); 2020 (1) Career: 3.

WILL DISSLY'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Los Angeles Rams, Oct 03, 2019	**All-Purpose Yards**	105 at Denver Broncos, Sep 09, 2018
Rushing Yards	7 vs. Los Angeles Rams, Oct 03, 2019	**Kickoff Returns**	1 at Washington, Dec 20, 2020
Longest Runs	7 vs. Los Angeles Rams, Oct 03, 2019	**Kickoff Return Yards**	8 at Washington, Dec 20, 2020
Receptions	7 at Arizona Cardinals, Sep 29, 2019	**Longest Kickoff Return**	8 at Washington, Dec 20, 2020
Receiving Yards	105 at Denver Broncos, Sep 09, 2018	**Special Teams Tackles**	2 vs. Cincinnati Bengals, Sep 08, 2019
Longest Receptions	66 at Denver Broncos, Sep 09, 2018	**Miscellaneous Tackles**	1 vs. New York Giants, Dec 06, 2020
Receiving TDs	2 at Pittsburgh Steelers, Sep 15, 2019	**Most TDs**	2 at Pittsburgh Steelers, Sep 15, 2019

WILL DISSLY'S 100-YARD RECEIVING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
09/09/18	at Broncos	3	105	35.0	66	1

WILL DISSLY'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Falcons	P	2	8	4.0	5	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	P	1	9	9.0	9	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	2	5	2.5	6	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	2	15	7.5	14	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	1	19	19.0	19t	1	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	2	38	19.0	28	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	P	1	17	17.0	17	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	1	26	26.0	26	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	P	1	16	16.0	16	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	1	10	10.0	10	0	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	4	28	7.0	10	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	2	23	11.5	13	1	0	0	0.0	0	0	W	40-3
12/20	at Washington	S	0	0	0.0	0	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	3	17	5.7	7	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	1	20	20.0	20	0	0	0	0.0	0	0	W	26-23
2020 TOTALS		**16-10**	**24**	**251**	**10.5**	**28**	**2**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

WILL DISSLY'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Bengals	S	1	12	12.0	12	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	S	5	50	10.0	14t	2	0	0	0.0	0	0	W	28-26
09/22	Saints	S	6	62	10.3	25	1	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	S	7	57	8.1	17	1	0	0	0.0	0	0	W	27-10
10/03	Rams	S	4	81	20.3	38	0	1	7	7.0	7	0	W	30-29
10/13	at Browns	S	0	0	0.0	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens						INJURED RESERVE						L	16-30
10/27	at Falcons						INJURED RESERVE						W	27-20
11/03	Buccaneers						INJURED RESERVE						W	40-34+
11/11	at 49ers						INJURED RESERVE						W	27-24+
11/24	at Eagles						INJURED RESERVE						W	17-9
12/02	Vikings						INJURED RESERVE						W	37-30
12/08	at Rams						INJURED RESERVE						L	12-28
12/15	at Panthers						INJURED RESERVE						W	30-24
12/22	Cardinals						INJURED RESERVE						L	13-27
12/29	49ers						INJURED RESERVE						L	21-26
2019 TOTALS		**6-6**	**23**	**262**	**11.4**	**38**	**4**	**1**	**7**	**7.0**	**7**	**0**	**11-5**	

+ - Overtime

WILL DISSLY'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/09	at Broncos	S	3	105	35.0	66	1	0	0	0.0	0	0	L	24-27
09/17	at Bears	S	3	42	14.0	34	1	0	0	0.0	0	0	L	17-24
09/23	Cowboys	S	1	4	4.0	4	0	0	0	0.0	0	0	W	24-13
09/30	at Cardinals	S	1	5	5.0	5	0	0	0	0.0	0	0	W	20-17
10/07	Rams						DID NOT PLAY						L	31-33
10/14	at Raiders						DID NOT PLAY						W	27-3
10/28	at Lions						INJURED RESERVE						W	28-14
11/04	Chargers						INJURED RESERVE						L	17-25
11/11	at Rams						INJURED RESERVE						L	31-36
11/15	Packers						INJURED RESERVE						W	27-24
11/25	at Panthers						INJURED RESERVE						W	30-27
12/02	49ers						INJURED RESERVE						W	43-16
12/10	Vikings						INJURED RESERVE						W	21-7
12/16	at 49ers						INJURED RESERVE						L	23-26+
12/23	Chiefs						INJURED RESERVE						W	38-31
12/30	Cardinals						INJURED RESERVE						W	27-24
2018 TOTALS		**4-4**	**8**	**156**	**19.5**	**66**	**2**	**0**	**0**	**0.0**	**0**	**0**	**10-6**	

+ - Overtime

43 | LINEBACKER

AARON DONKOR

Height: 6-1	Weight: 240
College:	Arkansas State
Season:	Rookie
Born:	March 21, 1995
Hometown:	Goettingen, Germany

TRANSACTIONS:

05/04/21: Allocated by NFL International Player Pathway Program

A native of Germany, played with the German Football League's Dusseldorf Panthers in 2016. In 2017, joined the New Mexico Military Institute. Saw action in 12 games over two seasons and accumulated 32 tackles, 12.5 sacks, 4.5 tackles for loss, two fumble recoveries and one forced fumble. Transferred to Arkansas State for his remaining eligibility and posted 25 tackles during the 2019 season. Also played basketball for BG Gottingen in Germany.

8

DEFENSIVE END

CARLOS DUNLAP II

Height: 6-6	Weight: 285
College:	Florida
Seasons:	NFL : 12th, Seahawks 2nd
Born:	February 28, 1989
Hometown:	North Charleston, S.C.

PRO BOWL '15 PRO BOWL '16

TRANSACTIONS:

04/23/10: Drafted by Cincinnati (2nd round, 54th overall)
07/16/13: Re-signed with Cincinnati
08/29/18: Re-signed with Cincinnati
10/28/20: Traded to Seattle
03/08/21: Released by Seattle
03/30/21: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Opened 2020 with the Bengals, starting four of six games before being traded midseason to Seattle. Started six of eight games with the Seahawks, recording 14 quarterback hits and 5.0 sacks, two of which ended opponent's comeback attempts (vs. Arizona & at Washington). Improved the Seahawks pass rush as the team recorded 34 sacks in its final nine games, compared to 12 in seven games prior to his arrival. In all, started 10 of 14 games, totaling 32 tackles (20 solo), 6.0 sacks, 18 quarterback hits and four passes defensed.

• A two-time Pro Bowler (2015-16), Dunlap spent his first 10-plus seasons with the Bengals, who drafted him in the second round of the 2010 draft. He has started 115 of 155 games played, recording 82.5 sacks, 490 tackles, 20 forced fumbles, nine fumble recoveries, 60 passes defensed, and two interceptions, both of which he returned for touchdowns.

• Finished Bengals career ranked second in franchise sacks (82.5), one behind DE Eddie Edwards (83.5).

• His career-best 13.5 sacks in 2015 were second-most in a season in Cincinnati history, behind DE Coy Bacon's 22.0 in 1976.

• Recorded a team-high 9.0 sacks in 2019 for the Bengals, marking the fifth time in his 10 seasons he finished with at least a share of the team's sack lead (2011, 2013-15, 2019).

• His 38 passes defensed between 2016-19 were the most in the NFL among non-defensive backs, and in 2016, became the first Bengals defensive lineman to ever lead the team in passes defensed (15).

COLLEGE: Played three seasons (2007-09) at Florida, with totals of 84 tackles, 19.5 sacks, 26 tackles for loss, eight passes defensed and four blocked kicks. Entered NFL Draft following his junior season. Named Defensive MVP of 2008 season BCS national championship win over Oklahoma. Helped Gators to 13-1 records in each of his last two seasons, including 51-24 Sugar Bowl victory over University of Cincinnati to close the 2009 campaign.

PERSONAL: Attended Fort Dorchester High, and closed career ranked 15th on ESPN's Top 150 recruits list. Was an SEC Academic All-American in 2008 and selected to the SEC Academic Honor Roll as a freshman. Actively supports children in need in both South Carolina and Greater Cincinnati, through Carlos Dunlap Foundation, with events including an annual football camp, holiday shopping trips and school supplies giveaways at the beginning of school year. Enjoys traveling and jet skiing. Was named 'Mayor for a Day' in North Charleston on March 13, 2009. Lists parents, Diane Ross and Carlos L. Dunlap Sr., as greatest source of inspiration. Was the Bengals team nominee for NFL Walter Payton Man of the Year Award in both 2015 and 2018. Earned bachelor's degree in business administration from Florida and master's degree in business administration from Miami (Fla.).

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/25/12	CIN vs. OAK	W	P	2	2	0	0.0	0.0	0	1	0	0	0	0	0
9/13/15	CIN @ OAK	W	S	2	1	1	1.0	6.0	0	1	0	2	0	0	0
12/16/18	CIN vs. OAK	W	S	1	0	1	0.0	0.0	0	0	0	1	0	0	1
11/17/19	CIN @ OAK	L	S	6	2	4	0.5	4.5	0	1	0	1	0	0	0
TOTALS		**3/1**	**4/3**	**11**	**5**	**6**	**1.5**	**10.5**	**0**	**3**	**0**	**4**	**0**	**0**	**1**

CARLOS DUNLAP II'S NFL REGULAR SEASON DEFENSIVE STATISTICS

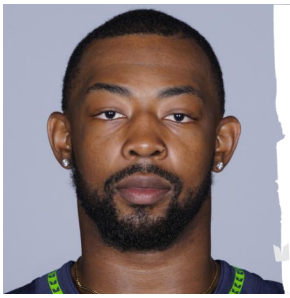
				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2010	Bengals	12	0	24	19	5	9	0	9.5	77.5	14	0	0	0	0	3	0	1	0	0	0	0	0	0	0	0
2011	Bengals	12	1	23	11	12	4	0	4.5	42.0	18	0	0	0	0	3	0	1	35	0	0	0	0	0	0	0
2012	Bengals	14	1	41	34	7	8	0	6.0	55.0	12	1	14	14t	1	3	4	3	2	0	0	0	0	0	0	0
2013	Bengals	16	15	58	39	19	8	28	7.5	40.5	26	0	0	0	0	5	4	1	42	0	0	0	0	0	0	0
2014	Bengals	16	16	66	40	26	16	64	8.0	49.5	28	0	0	0	0	5	2	1	0	0	0	0	0	0	0	0
2015	Bengals	16	16	55	37	18	16	96	13.5	91.5	34	0	0	0	0	1	2	1	21	0	0	0	0	0	0	0
2016	Bengals	16	16	49	30	19	7	43	8.0	45.0	23	0	0	0	0	15	3	0	0	0	0	0	0	0	0	0
2017	Bengals	16	16	46	35	11	12	66	7.5	41.0	24	1	16	16t	1	7	1	0	0	0	0	0	0	0	0	0
2018	Bengals	16	16	47	31	16	8	38	8.0	32.0	21	0	0	0	0	8	2	1	0	0	0	0	0	0	0	0
2019	Bengals	14	14	63	39	24	13	66	9.0	63.0	21	0	0	0	0	8	2	0	0	0	0	0	0	0	0	0
2020	Bengals	7	4	18	13	5	2	15	1.0	9.0	4	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
Went from **Cincinnati** to **Seattle**.																										
2020	Seahawks	8	6	14	7	7	6	35	5.0	31.5	14	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2020	TOTAL	15	10	32	20	12	8	50	6.0	40.5	18	0	0	0	0	4	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**163**	**121**	**504**	**335**	**169**	**109**	**451**	**87.5**	**577.5**	**239**	**2**	**30**	**16T**	**2**	**62**	**20**	**9**	**100**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

CARLOS DUNLAP II'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2011	Bengals	1	0	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2012	Bengals	1	0	3	2	1	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2013	Bengals	1	1	4	2	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	Bengals	1	1	2	1	1	0	0	0.0	0.0	3	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Bengals	1	1	3	1	2	0	0	0.5	5.5	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	2	1	1	0	0	0.0	0.0	1	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**6**	**4**	**15**	**8**	**7**	**0**	**0**	**0.5**	**5.5**	**7**	**0**	**0**	**0**	**0**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

CARLOS DUNLAP II'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	9 at Philadelphia Eagles, Sep 27, 2020
Sacks	3.0 vs. New York Jets, Dec 01, 2019
	...1 more at 3.0.
Passes Defensed	4 vs. Philadelphia Eagles, Dec 04, 2016
Forced Fumbles	2 at San Diego Chargers, Dec 02, 2012
Fumble Recoveries	1 vs. Oakland Raiders, Dec 16, 2018
	...8 more at 1.
Tackles For Loss	3 at Buffalo Bills, Nov 08, 2020
	...5 more at 3.
Interceptions	1 vs. Indianapolis Colts, Oct 29, 2017
	...1 more at 1.
Interception Return Yards	16 vs. Indianapolis Colts, Oct 29, 2017



75 | TACKLE

GREG EILAND

Height: 6-8	**Weight: 321**
College:	**Mississippi State**
Season:	**Rookie**
Born:	**February 1, 1998**
Hometown:	**Philadelphia, Miss.**

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Started 34 of 47 career games for Bulldogs, playing left tackle, left guard and right tackle during his career. Started at least eight games his final three seasons at Mississippi State. Prepped at Philadelphia High and was a three-star standout offensive lineman per ESPN, Rivals and 247Sports. Ranked the no. 20 player in Mississippi by ESPN. Helped high school to consecutive Mississippi High School Activities Association Class 3A playoff appearances as a junior and senior. As a senior, paved the way for 2,761 rushing yards. Also lettered in baseball. Majored in industrial technology with a concentration in industrial automation.

1 | WIDE RECEIVER

D'WAYNE **ESKRIDGE**

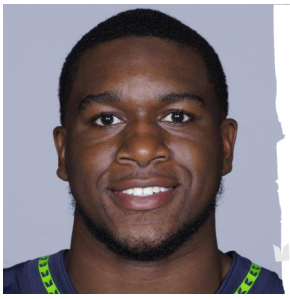
Height: 5-9 **Weight:** 190
College: Western Michigan
Season: Rookie
Born: March 23, 1997
Hometown: Bluffton, Ind.

TRANSACTIONS:

04/30/21: Drafted by Seattle (2nd round, 56th overall)

COLLEGE CAREER HIGHLIGHTS: Eskridge had 25 catches for 660 yards and seven touchdowns as a senior in just five games, averaging 26.4 yards per reception, and in his career had 113 catches for 2,136 yards and 14 scores in 44 games. He also averaged 28.8 yards per kick return in 2020 and had a 100-yard return touchdown. Returned to a full-time receiver in 2020, earning first-team All-MAC honors on offense and as a kick returner while also being named the MAC Special Teams Player of the Year. He led the FBS with 213 all-purpose yards per game, ranked fourth with 130.7 receiving yards per game and 23.1 yards per reception (34 receptions, 784 yards, eight touchdowns). In 2019, started two games each at wide receiver and cornerback but his season was cut short due to a clavicle injury and redshirted the season. Recorded 14 tackles and four passes defensed during his time on defense.

PERSONAL: Attended Bluffton High and was a three-star prospect, according to 247Sports.com and ESPN.com. Ranked the No. 23 prospect in Indiana by 247Sports.com. Was Bluffton High School's all-time leader in touchdowns and a 2015 Indiana All-State Honorable Mention selection by the Associated Press, running for 1,020 yards and 16 touchdowns. Also participated in track, winning the 100 meters, 200 meters and long jump at the Marion boys track regional in 2015 and 2016. Also won 60-meter dash indoor in 2015. Majored in recreation/sport management.



58 | LINEBACKER

NATE **EVANS**

Height: 6-1 **Weight:** 241
College: Central Florida
Seasons: NFL : 2nd, Seahawks 1st
Born: February 27, 1998
Hometown: Waggaman, La.

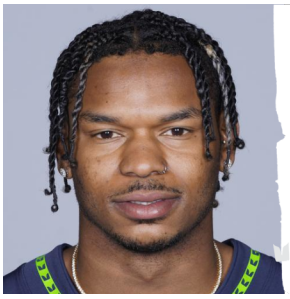
TRANSACTIONS:

04/28/20: Signed by Jacksonville as a UDFA
09/05/20: Released by Jacksonville
09/06/20: Signed to Jacksonville's PS
05/04/21: Released by Jacksonville
05/05/21: Claimed off waivers by Seattle

Registered 247 tackles (143 solo), eight passes defensed and one forced fumble over his four-year career (2016-19) at Central Florida. Named team-captain and earned second-team American Athletic Conference honors as a senior in 2019. Posted 112 tackles, 13 tackles for loss and four passes defensed. Played in all 13 games as a junior and named first-team American Athletic Conference after finishing with 99 tackles, 2.5 sacks and four passes defensed. Named a 2015 New Orleans Advocate All-Metro second-team choice as a senior after posting 102 tackles at John Curtis (River Ridge, La.) High. Wore no. 44 in college to honor his mother who was shot with a .44 Magnum before Evans was born.

NATE EVANS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Jaguars	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



81 | TIGHT END

GERALD **EVERETT**

Height: 6-3 **Weight:** 240
College: South Alabama
Seasons: NFL : 5th, Seahawks 1st
Born: June 25, 1994
Hometown: Decatur, Ga.

TRANSACTIONS:

04/28/17: Drafted by L.A. Rams (2nd round, 44th overall)
03/21/21: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Fourth-year pro played in 61 regular season games with 11 starts for the L.A. Rams from 2017-20. Posted a career-best 417 yards on a career-high 41 receptions with one touchdown in 2020. In his career, has totaled 1,389 yards receiving on 127 receptions with eight touchdowns. Posted his first rushing touchdown in a Week 4 win over the Giants in 2020.

COLLEGE: A semifinalist for the John Mackey Award presented to the top tight end in the nation following his senior season in 2016. Named first-team

All-Sun Belt Conference, also earned first-team All-Sun Belt honors from Phil Steele Publications. Tied for the team lead with 49 receptions, and was second on the squad with 717 yards receiving and four touchdown catches. Finished the year tied for third among tight ends in the country in receiving yards per game and was tied for seventh in catches per contest. As a junior in 2015, earned first-team All-Sun Belt Conference and named to the league's All-Newcomer Team after leading the Jaguars in receptions (41), receiving yards (575), touchdown catches (eight) and total touchdowns scored (12). Ended the campaign ranked sixth nationally among tight ends in receiving yards per game and tied for 11th at the position in the country in catches per contest. Tied the school record for touchdown catches in a season. Attended University of Alabama-Birmingham in 2014. In his only season at UAB, caught 17 passes for 292 yards and a score while playing in all 12 games with one start. From 2012-13, attended Hutchinson (Kan.) Community College.

PERSONAL: Only played football his senior season at Columbia High. Earned all-conference honors. Was a three-year letterwinner in basketball and was also a member of the Eagles track and field team.

GERALD EVERETT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Rams	16	2	16	244	15.3	69	2	1	13	13.0	13	0
2018	Rams	16	0	33	320	9.7	40t	3	2	16	8.0	12	0
2019	Rams	13	2	37	408	11.0	33	2	1	0	0.0	0	0
2020	Rams	16	7	41	417	10.2	40	1	1	2	2.0	2t	1
NFL TOTALS		**61**	**11**	**127**	**1,389**	**10.9**	**69**	**8**	**5**	**31**	**6.2**	**13**	**1**

GERALD EVERETT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2017	Rams	1	0	1	4	4.0	4	0	0	0	0.0	0	0
2018	Rams	3	1	2	50	25.0	39	0	0	0	0.0	0	0
2020	Rams	2	1	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**6**	**2**	**3**	**54**	**18.0**	**39**	**0**	**0**	**0**	**0.0**	**0**	**0**

GERALD EVERETT'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	2 at Arizona Cardinals, Dec 23, 2018	**Longest Receptions**	69 vs. Washington, Sep 17, 2017
Rushing Yards	16 at Arizona Cardinals, Dec 23, 2018	**Receiving TDs**	2 vs. Kansas City Chiefs, Nov 19, 2018
Longest Runs	13 at New York Giants, Nov 05, 2017	**All-Purpose Yards**	136 at Seattle Seahawks, Oct 03, 2019
Rushing TDs	1 vs. New York Giants, Oct 04, 2020	**Miscellaneous Tackles**	1 at Miami Dolphins, Nov 01, 2020
Receptions	8 at Pittsburgh Steelers, Nov 10, 2019		...2 more at 1.
Receiving Yards	136 at Seattle Seahawks, Oct 03, 2019	**Most TDs**	2 vs. Kansas City Chiefs, Nov 19, 2018

GERALD EVERETT'S 100-YARD RECEIVING GAMES (1): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/03/19	at Seahawks	7	136	19.4	32	0

GERALD EVERETT'S 2020 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	Cowboys	S	1	7	7.0	7	0	0	0	0.0	0	0	W	20-17
09/20	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	37-19
09/27	at Bills	P	2	34	17.0	18	0	0	0	0.0	0	0	L	32-35
10/04	Giants	S	1	10	10.0	10	0	1	2	2.0	2t	1	W	17-9
10/11	at Washington	P	4	90	22.5	40	0	0	0	0.0	0	0	W	30-10
10/18	at 49ers	P	3	27	9.0	17	0	0	0	0.0	0	0	L	16-24
10/26	Bears	S	4	28	7.0	16	1	0	0	0.0	0	0	W	24-10
11/01	at Dolphins	P	5	32	6.4	11	0	0	0	0.0	0	0	L	17-28
11/15	Seahawks	P	2	27	13.5	16	0	0	0	0.0	0	0	W	23-16
11/23	at Buccaneers	P	4	27	6.8	18	0	0	0	0.0	0	0	W	27-24
11/29	49ers	P	2	16	8.0	10	0	0	0	0.0	0	0	L	20-23
12/06	at Cardinals	S	6	44	7.3	22	0	0	0	0.0	0	0	W	38-28
12/10	Patriots	S	1	9	9.0	9	0	0	0	0.0	0	0	W	24-3
12/20	Jets	P	2	28	14.0	15	0	0	0	0.0	0	0	L	20-23
12/27	at Seahawks	S	2	13	6.5	9	0	0	0	0.0	0	0	L	9-20
01/03	Cardinals	S	2	25	12.5	13	0	0	0	0.0	0	0	W	18-7
2020 TOTALS		**16-7**	**41**	**417**	**10.2**	**40**	**1**	**1**	**2**	**2.0**	**2T**	**1**	**10-6**	

GERALD EVERETT'S 2019 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	at Panthers	P	1	7	7.0	7	0	0	0	0.0	0	0	W	30-27
09/15	Saints	P	3	21	7.0	11	0	1	0	0.0	0	0	W	27-9
09/22	at Browns	S	2	15	7.5	11	0	0	0	0.0	0	0	W	20-13
09/29	Buccaneers	P	5	44	8.8	15	1	0	0	0.0	0	0	L	40-55
10/03	at Seahawks	S	7	136	19.4	32	0	0	0	0.0	0	0	L	29-30
10/13	49ers	P	2	9	4.5	12	0	0	0	0.0	0	0	L	7-20
10/20	at Falcons	P	4	50	12.5	33	1	0	0	0.0	0	0	W	37-10
10/27	Bengals	P	2	15	7.5	11	0	0	0	0.0	0	0	W	24-10
11/10	at Steelers	P	8	68	8.5	17	0	0	0	0.0	0	0	L	12-17
11/17	Bears	P	1	20	20.0	20	0	0	0	0.0	0	0	W	17-7
11/25	Ravens	P	2	23	11.5	15	0	0	0	0.0	0	0	L	6-45
12/01	at Cardinals						INACTIVE						W	34-7
12/08	Seahawks						INACTIVE						W	28-12
12/15	at Cowboys						INACTIVE						L	21-44
12/21	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	31-34
12/29	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	31-24
2019 TOTALS		**13-2**	**37**	**408**	**11.0**	**33**	**2**	**1**	**0**	**0.0**	**0**	**0**	**9-7**	

GERALD EVERETT'S 2018 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Raiders	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-13
09/16	Cardinals	P	1	17	17.0	17	0	0	0	0.0	0	0	W	34-0
09/23	Chargers	P	1	3	3.0	3	0	0	0	0.0	0	0	W	35-23
09/27	Vikings	P	1	13	13.0	13	0	0	0	0.0	0	0	W	38-31
10/07	at Seahawks	P	3	24	8.0	10	0	0	0	0.0	0	0	W	33-31
10/14	at Broncos	P	2	24	12.0	12	0	0	0	0.0	0	0	W	23-20
10/21	at 49ers	P	1	-5	-5.0	-5	0	0	0	0.0	0	0	W	39-10
10/28	Packers	P	1	22	22.0	22	0	0	0	0.0	0	0	W	29-27
11/04	at Saints	P	3	48	16.0	20	0	0	0	0.0	0	0	L	35-45
11/11	Seahawks	P	2	15	7.5	10t	1	0	0	0.0	0	0	W	36-31
11/19	Chiefs	P	3	49	16.3	40t	2	0	0	0.0	0	0	W	54-51
12/02	at Lions	P	1	7	7.0	7	0	0	0	0.0	0	0	W	30-16
12/09	at Bears	P	4	29	7.3	9	0	0	0	0.0	0	0	L	6-15
12/16	Eagles	P	5	46	9.2	20	0	0	0	0.0	0	0	L	23-30
12/23	at Cardinals	P	5	28	5.6	9	0	2	16	8.0	12	0	W	31-9
12/30	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	48-32
2018 TOTALS		**16-0**	**33**	**320**	**9.7**	**40T**	**3**	**2**	**16**	**8.0**	**12**	**0**	**13-3**	

GERALD EVERETT'S 2017 GXG REGULAR-SEASON STATISTICS (RAMS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	Colts	S	1	39	39.0	39	0	0	0	0.0	0	0	W	46-9
09/17	Washington	P	3	95	31.7	69	0	0	0	0.0	0	0	L	20-27
09/21	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	41-39
10/01	at Cowboys	P	1	8	8.0	8	0	0	0	0.0	0	0	W	35-30
10/08	Seahawks	P	1	8	8.0	8	0	0	0	0.0	0	0	L	10-16
10/15	at Jaguars	P	1	4	4.0	4t	1	0	0	0.0	0	0	W	27-17
10/22	Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	33-0
11/05	at Giants	P	1	44	44.0	44	0	1	13	13.0	13	0	W	51-17
11/12	Texans	S	0	0	0.0	0	0	0	0	0.0	0	0	W	33-7
11/19	at Vikings	P	1	8	8.0	8	0	0	0	0.0	0	0	L	7-24
11/26	Saints	P	1	9	9.0	9	0	0	0	0.0	0	0	W	26-20
12/03	at Cardinals	P	2	7	3.5	6	1	0	0	0.0	0	0	W	32-16
12/10	Eagles	P	1	6	6.0	6	0	0	0	0.0	0	0	L	35-43
12/17	at Seahawks	P	0	0	0.0	0	0	0	0	0.0	0	0	W	42-7
12/24	at Titans	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-23
12/31	49ers	P	3	16	5.3	6	0	0	0	0.0	0	0	L	13-34
2017 TOTALS		**16-2**	**16**	**244**	**15.3**	**69**	**2**	**1**	**13**	**13.0**	**13**	**0**	**11-5**	

21 | CORNERBACK

TRE FLOWERS

Height: 6-3 **Weight:** 203
College: Oklahoma State
Seasons: NFL : 4th, Seahawks 4th
Born: June 2, 1995
Hometown: Converse, Texas

TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 146th overall)
12/05/20: Placed on IR (hamstring)
01/02/21: Activated from IR

NFL CAREER HIGHLIGHTS:

• Started seven of 12 games played, replacing Quinton Dunbar (knee), in the lineup. Last half of the 2020 season was cut short due to a hamstring injury.

• Tied for the team-lead with a career-high three interceptions in 2019, the firsts of his career. Also posted career-highs in tackles (82, 65 solo) and sacks (2.0).

• Started 15 of 16 games at right cornerback as a rookie in 2018, missing Week 2's contest at Chicago with a hamstring injury.

COLLEGE: Was a 2017 Second-Team All-America (AFCA), First-Team All-Big 12 (Coaches), Second-Team All-Big 12 (Associated Press) and team captain as voted by teammates. Also named the 2017 Leslie O'Neal Award recipient (OSU's Outstanding Defensive Player). Earned 2016 Second-Team All-Big 12 (Coaches) and the Barry Sanders Award (Most Contribution with the Least Recognition). Was a Second-Team Academic All-Big 12 as a sophomore.

PERSONAL: All-district and all-area selection in high school who also earned honorable mention all-state accolades. Racked up 76 tackles, three interceptions and a pass defended his senior year. Also competed in basketball and track and field. Member of the A/B honor roll and participated with the Fellowship of Christian Athletes. Trequille Flowers was born June 2, 1995, in Converse, Texas. Son of Rodney and Crystal Flowers. Uncle, Erik Flowers, played with several teams during his seven seasons in the NFL. Majored in management.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/14/18	SEA @ OAK	W	S	2	2	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/0**	**1/1**	**2**	**2**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

TRE FLOWERS' NFL REGULAR SEASON DEFENSIVE STATISTICS

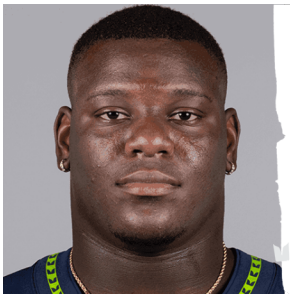
				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	15	15	67	55	12	0	0	0.0	0.0	0	0	0	0	0	6	3	1	0	0	0	0	0	1
2019	Seahawks	15	15	82	65	17	2	11	2.0	11.0	2	3	0	0	0	8	1	1	0	0	0	0	0	0
2020	Seahawks	12	7	46	37	9	1	2	0.0	0.0	0	0	0	0	0	2	1	0	0	1	0	1	0	0
NFL TOTALS		**42**	**37**	**195**	**157**	**38**	**3**	**13**	**2.0**	**11.0**	**2**	**3**	**0**	**0**	**0**	**16**	**5**	**2**	**0**	**1**	**0**	**1**	**0**	**1**

TRE FLOWERS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	1	1	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	11	8	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	1	0	0	0
NFL TOTALS		**4**	**3**	**13**	**10**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**0**

TRE FLOWERS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	10 vs. Cincinnati Bengals, Sep 08, 2019
Sacks	1.0 vs. San Francisco 49ers, Dec 29, 2019
	...1 more at 1.0.
Passes Defensed	3 at Philadelphia Eagles, Nov 24, 2019
Forced Fumbles	2 at Carolina Panthers, Nov 25, 2018
Fumble Recoveries	1 vs. Cincinnati Bengals, Sep 08, 2019
	...1 more at 1.
Tackles For Loss	1 at Buffalo Bills, Nov 08, 2020
	...2 more at 1.
Interceptions	1 vs. Minnesota Vikings, Dec 02, 2019
	...2 more at 1.
Special Teams Tackles	1 vs. New England Patriots, Sep 20, 2020
Special Teams Fumble Recoveries	1 vs. Kansas City Chiefs, Dec 23, 2018



97 | DEFENSIVE TACKLE

POONA FORD

Height: 5-11	Weight: 310
College:	Texas
Seasons:	NFL : 4th, Seahawks 4th
Born:	November 19, 1995
Hometown:	Hilton Head, S.C.

TRANSACTIONS:

05/04/18: Signed with Seattle as a UDFA
03/17/21: Signed multi-year contract with Seattle

NFL CAREER HIGHLIGHTS:

• Started all 16 games in 2020 and set career-highs in tackles (40), sacks (2.0) and quarterback hits (9).

• Moved in to the starting lineup in his second season and started 14 of 15 games played, posting 32 tackles (21 solo).

• Saw action in 11 games with one start as a rookie totaling 21 tackles and three quarterback hits.

COLLEGE: The four-year defensive lineman appeared in 46 career games with 30 starts. Named Big 12 Conference Defensive Lineman of the Year in 2017 and first-team All-Big 12 selection in 2017 by both the coaches and Associated Press. Named second-team All-Big 12 by ESPN.com in 2016 and also named honorable mention All-Big 12 by league's coaches. Was a two-time member of the Big 12 Commissioner's Honor Roll (fall 2014, spring 2017). Finished his senior season with 34 tackles, eight tackles for loss, 1.5 sacks, one pass defensed, one forced fumble and a blocked field goal.

PERSONAL: Attended Hilton Head High. Named Defensive Player of the Year and first-team All-Area by the Beaufort Gazette. Named a top-50 recruit in the Carolinas by the Charlotte Observer and the No. 22 defensive tackle in the nation by ESPN. Posted 135 tackles, including 28 tackles for loss, 7.0 sacks, 17 pressures and two forced fumbles as a senior. Also had 34 carries for 155 rush yards and seven touchdowns and played on special teams. Helped Hilton Head to a 7-4 record and an appearance in the 3A playoffs in 2013. Tabbed first-team all-area by the Beaufort Gazette in 2012 after he recorded 154 tackles, including 44 tackles for loss and 10 sacks, as a junior. Kaylon Ford took on the nickname of Poona when his grandmother began calling him Pooh as a child and it evolved to Poona. Majored in youth and community studies.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/14/18	SEA @ OAK	W	P	2	2	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/0**	**1/0**	**2**	**2**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

POONA FORD'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	11	1	21	13	8	3	9	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	15	14	32	21	11	5	8	0.5	2.5	3	0	0	0	0	1	0	1	0	0	0	0	0	0
2020	Seahawks	16	16	40	25	15	8	30	2.0	14.0	9	0	0	0	0	0	1	0	0	0	0	0	0	0
NFL TOTALS		**42**	**31**	**93**	**59**	**34**	**16**	**47**	**2.5**	**16.5**	**14**	**0**	**0**	**0**	**0**	**1**	**1**	**1**	**0**	**0**	**0**	**0**	**0**	**0**

POONA FORD'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	1	0	2	2	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	6	5	1	1	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	4	3	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**4**	**3**	**12**	**10**	**2**	**1**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

POONA FORD'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 at San Francisco 49ers, Dec 16, 2018	**Forced Fumbles**	1 at Arizona Cardinals, Oct 25, 2020
Sacks	1.0 at Philadelphia Eagles, Nov 30, 2020	**Fumble Recoveries**	1 at San Francisco 49ers, Nov 11, 2019
	...1 more at 1.0.	**Tackles For Loss**	3 at San Francisco 49ers, Dec 16, 2018
Passes Defensed	1 at Carolina Panthers, Dec 15, 2019		

78 | TACKLE

STONE FORSYTHE

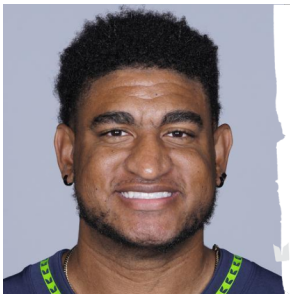
Height: 6-8	Weight: 307
College:	Florida
Season:	Rookie
Born:	December 29, 1997
Hometown:	Winter Garden, Fla.

TRANSACTIONS:

05/01/21: Drafted by Seattle (6th round, 208th overall)

COLLEGE CAREER HIGHLIGHTS: Finished career with 40 games played with 28 starts for the Gators, seeing time at both guard and tackle during his career. Appeared and started in all 12 games in 2020 and protected the blind side of Heisman Trophy finalist Kyle Trask to help the Gators lead the nation in passing yards per game (378.6), while ranking eighth nationally in yards per play (7.28) and ninth in yards per game (509.8). Named to the SEC Fall Academic Honor Roll following the season.

PERSONAL: Attended West Orange High and named to the 2015 Class 8A third-team. Was an all state as a senior and was an all state second-team selection as a junior in 2014. Led his team to a 12 2 record in 2015 and reached the Class 8A semifinals. Father, Ray, played offensive line at Kent State and UCF and spent the 1995 season on the Cincinnati Bengals practice squad and played in NFL Europe and the Arena League.



61 | GUARD/CENTER

KYLE FULLER

Height: 6-5 **Weight:** 320
College: Baylor
Seasons: NFL : 5th, Seahawks 3rd
Born: March 4, 1994
Hometown: Wylie, Texas

TRANSACTIONS:

04/29/17: Drafted by Houston (7th round, 243rd overall)
09/01/18: Waived by Houston
09/02/18: Signed to Houston PS
12/11/18: Signed to Washington's 53-man roster
04/30/19: Waived by Washington
05/16/19: Signed with Miami as FA
08/31/19: Waived by Miami
09/02/19: Signed to Seattle's PS
12/31/19: Signed to Seattle's 53-man roster
09/05/20: Suspended by NFL
09/21/20: Suspension Lifted by Commissioner
04/20/21: Signed ERFA tender

NFL CAREER HIGHLIGHTS:

• Played in a career-high tying nine games in 2020 and made his first start for Seattle at center at the L.A. Rams (11/15) in place of Ethan Pocic (concussion).

• Spent the 2019 season on Seattle's practice squad but signed to the active roster for the postseason. Dressed, but did not play, in the wild card round and was inactive for the divisional game at Green Bay.

• Played in nine games, starting two, with Houston in 2017.

COLLEGE: Four-year letterman (2013-16) and 3-year starter at Baylor Played in 52 games with 39 starts at center. Started 39 consecutive games to finish his career. Started all 13 games at center as a senior in 2016. First-team All-Big 12. Blocked for an offense that led the Big 12 in rushing offense (241.8 yards per game). Started all 13 games at center in 2015. Second-team All-Big 12. Blocked for an offense that led the Big 12 and ranked 2nd in the nation in rushing offense (326.7 yards per game). Part of an offensive line unit that led the Big 12 with 1.15 sacks allowed per game. Started all 13 games at center as a sophomore in 2014. Honorable mention All-Big 12. Blocked for an offense that ranked 2nd in the Big 12 in rushing offense (215.5 yards per game).

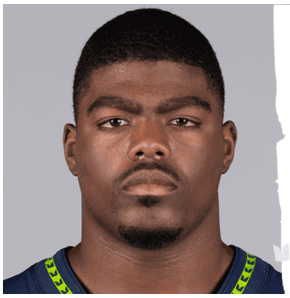
PERSONAL: Played his prep football at Wylie High School (Wylie, Texas). Was selected 1st-team all-district as senior and 2nd-team all-area. Majored in communication studies.

KYLE FULLER'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Texans	9	2
2018	Texans	0	0
	Went from **Houston** to **Washington**.		
2018	Washington	2	0
2018	TOTAL	2	0
2019	Seahawks	0	0
2020	Seahawks	9	1
NFL TOTALS		**20**	**3**

KYLE FULLER'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	1	0
2020	Seahawks	1	0
NFL TOTALS		**2**	**0**



94 | DEFENSIVE END

RASHEEM GREEN

Height: 6-4 **Weight:** 279
College: USC
Seasons: NFL : 4th, Seahawks 4th
Born: May 15, 1997
Hometown: Los Angeles, Calif.

TRANSACTIONS:

04/27/18: Drafted by Seattle (3rd round, 79th overall)
09/25/20: Placed on IR (neck)
11/07/20: Activated from IR

NFL CAREER HIGHLIGHTS:

• Sustained a neck injury in Week 1 at Atlanta and missed the next six games. Played in 10 games and posted 2.0 sacks in 2020.

• Led the team with a career-high 4.0 sacks and blocked two field goals in 2019. It was the most blocked field goals by a Seahawks player since Red Bryant blocked three field goals in 2011.

COLLEGE: Played in 41 games with 26 starts over three seasons. Finished his career with 117 tackles, including 20 for losses, with 16.5 sacks, 8 deflections, 2 blocked field goals, a fumble recovery, fumble return for a TD and 3 forced fumbles in his career.

PERSONAL: As a senior defensive lineman at Serra High in Gardena (Calif.), he made 2014 USA Today All-USA first team, Prep Star All-American Dream Team, Cal-Hi Sports All-State first team, Max Preps All-State Division I first team, Orange County Register Fab 15 first team, Tacoma News Tribune Western 100, All-CIF Pac 5 Division, Los Angeles Times All-Area first team, South Bay Daily Breeze All-South Bay first team and All-Mission League Co-Defensive MVP. He had 46 tackles, including 23 for losses, 8 sacks, a forced fumble and a deflection in 2014. As a junior in 2013, he made Max Preps Junior All-American first team, Student Sports Junior All-American second team, Cal-Hi Sports All-State Junior first team, All-CIF Western Division, South Bay Daily Breeze All-South Bay first team and All-Mission League Lineman MVP as he had 57 tackles, including 26 for losses, 14 sacks, plus a deflection and a forced fumble. He had 21 tackles and 1.5 sacks as a 2012 sophomore. Majored in sociology at USC.

RASHEEM GREEN'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	10	0	9	7	2	1	6	1.0	6.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	16	8	27	15	12	3	17	4.0	19.0	5	0	0	0	0	2	3	1	36	0	0	0	0	0
2020	Seahawks	10	0	10	7	3	2	20	2.0	20.0	6	0	0	0	0	0	0	1	0	0	0	0	0	0
NFL TOTALS		**36**	**8**	**46**	**29**	**17**	**6**	**43**	**7.0**	**45.0**	**12**	**0**	**0**	**0**	**0**	**2**	**3**	**2**	**36**	**0**	**0**	**0**	**0**	**0**

RASHEEM GREEN'S NFL POSTSEASON DEFENSIVE STATISTICS

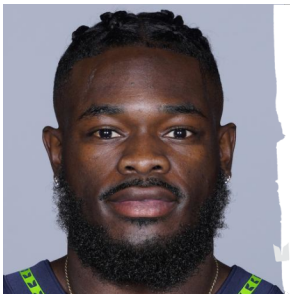
				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2018	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	0	2	2	0	1	4	1.0	4.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**0**	**3**	**2**	**1**	**1**	**4**	**1.0**	**4.0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

RASHEEM GREEN'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 6 vs. Arizona Cardinals, Dec 22, 2019
Sacks 1.0 at San Francisco 49ers, Jan 03, 2021
...6 more at 1.0.
Passes Defensed 1 vs. Arizona Cardinals, Dec 22, 2019
...1 more at 1.
Forced Fumbles 1 vs. Minnesota Vikings, Dec 02, 2019
...2 more at 1.
Fumble Recoveries 1 at San Francisco 49ers, Jan 03, 2021
...1 more at 1.
Tackles For Loss 1 at San Francisco 49ers, Jan 03, 2021
...5 more at 1.

ADDITIONAL STATS

Special Teams Stats: 2019 (blocked field goal); Career: One blocked field goals.



19 | WIDE RECEIVER

PENNY HART

Height: 5-8	Weight: 182
College:	Georgia State
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	July 5, 1996
Hometown:	Roswell, GA

TRANSACTIONS:

05/03/19: Signed by Indianapolis as a UDFA
08/31/19: Waived/injured by Indianapolis
09/01/19: Placed on IR (hamstring)
09/07/19: Waived/injury settlement
10/22/19: Signed to Seattle's PS
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS
09/08/20: Signed to Seattle's active roster
12/21/20: Released by Seattle
12/23/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

- Played in 13 games as a reserve wide receiver and special teams performer.
- Spent the majority of the 2019 season on Seattle's practice squad.

COLLEGE: Played in 39 games at Georgia State and left school ranking second in GSU history in receptions (202), third in yards (2,950) and second in touchdowns (19). Also ranked second in all-purpose yards (3,497) and became the first Panther to record two 1,000-yard seasons.

PERSONAL: Attended King's Ridge Christian School and was a two-time first-team all-region selection. Began his senior season as a receiver and running back before starting the final three games at quarterback. Majored in religious studies.

PENNY HART'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Colts	0	0	0	0	0.0	0	0	0	0	0.0	0	0
				Went from **Indianapolis** to **Seattle**.									
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	TOTAL	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	13	0	1	3	3.0	3	0	1	19	19.0	19	0
NFL TOTALS		**13**	**0**	**1**	**3**	**3.0**	**3**	**0**	**1**	**19**	**19.0**	**19**	**0**

PENNY HART'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2020 (5); Career: 5.

PENNY HART'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. New York Jets, Dec 13, 2020	**Receiving Yards**	3 vs. New York Jets, Dec 13, 2020
Rushing Yards	19 vs. New York Jets, Dec 13, 2020	**Longest Receptions**	3 vs. New York Jets, Dec 13, 2020
Longest Runs	19 vs. New York Jets, Dec 13, 2020	**All-Purpose Yards**	22 vs. New York Jets, Dec 13, 2020
Receptions	1 vs. New York Jets, Dec 13, 2020	**Special Teams Tackles**	2 vs. San Francisco 49ers, Nov 01, 2020

60 | GUARD

PHIL HAYNES

Height: 6-4	Weight: 322
College:	Wake Forest
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	October 19, 1995
Hometown:	Raleigh, N.C.

TRANSACTIONS:

05/27/19: Drafted by Seattle (4th round, 124th overall)
08/31/19: Placed on PUP (sports hernia)
11/05/19: Activated to 53-man roster from PUP
09/07/20: Placed on IR (hip)
11/18/20: Activated from IR
12/24/20: Placed on IR (groin)

NFL CAREER HIGHLIGHTS:

• Opened 2020 season spending the first nine games on injured reserve (hip). Played in two games but returned to injured reserve (groin) late in the season.

• Spent the first nine games of rookie season on the PUP list, then was inactive for six games and dressed, but did not play, in the season finale. Made NFL debut on field goal unit in the wild card round and saw extensive action at left guard in the divisional round at Green Bay in place of Jamarco Jones (concussion).

COLLEGE: Was a mainstay on the two most prolific offensive teams in Wake Forest history. Helped the Demon Deacon offense set school records for total yards and scoring in 2017 and records for 500-yard total offense games and most 50-point scoring games in 2018. Started 47 career games including the final 22 contests. Served as team captain in 2018. Rated the No. 48 player in the ACC by the ACC Sports Journal. Started all 13 games as a senior. Led all offensive linemen with 24 knockdown blocks. On the field for 1,066 snaps in 2018, the fifth-most on the team.

PERSONAL: Spent his first three seasons at North Raleigh Christian and his senior year at Virginia Episcopal School in Lynchburg. Earned his degree from Raleigh Enloe High. Primarily a basketball player, he was a late comer to football. Was a defensive end in high school. Son of Betty Capers. Majored in communications.

PHIL HAYNES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	0	0
2020	Seahawks	2	0
NFL TOTALS		**2**	**0**

PHIL HAYNES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2019	Seahawks	2	0
2020	Seahawks	0	0
NFL TOTALS		**2**	**0**

38 | CORNERBACK

GAVIN HESLOP

Height: 6-0	Weight: 197
College:	Stony Brook
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	November 13, 1997
Hometown:	Yonkers, N.Y.
Pronunciation:	HEH-slop

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Was a practice squad elevation for at Miami (10/4) and dressed, but did not play. Spent the other 15 games on Seattle's practice squad.

COLLEGE: Earned third-team All-CAA Football honors during his senior-captain season as he collected 52 tackles, 8.5 tackles for loss, 1.5 sacks, a pair of blocked kicks, three forced fumbles and three fumble recoveries, returning one for a touchdown. During his collegiate career, Heslop started 37 consecutive games and recorded 138 total tackles, with 21.0 tackles for loss and a pair of fumble returns for touchdowns.

PERSONAL: A 2015 graduate of Archbishop Stepinac High, he was a NYSSWA first-team All-New York State selection and first team All-Catholic High School Football League. Was a member of CHSFL AAA Championship team, the school's first title since 1955, and was the championship game's offensive MVP. His 68-yard interception return helped Stepinac beat St. Anthony's for the first time in 31 years. Recorded 60 tackles, three interceptions, three sacks and rushed for 440 yards and six touchdowns in his final season. Cousin, Doug Hogue, played for the Detroit Lions (2011-12) and the Carolina Panthers (2012).

GAVIN HESLOP'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

GAVIN HESLOP'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

62 | DEFENSIVE TACKLE

JARROD HEWITT

Height: 6-1	Weight: 290
College:	Virginia Tech
Season:	Rookie
Born:	November 3, 1997
Hometown:	Venice, Fla.

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Started 33 of 45 games played for the Hokies, totaling 92 tackles (42 solo) and 9.5 sacks in his career. Was named third-team All-ACC his senior season after starting 10 of 11 games and posting 31 tackles (13 solo) and a career-high 5.5 sacks, good for third on the team. Attended Venice High and was a two-time Florida 7A first-team all-state performer, and earned the Herald Tribune Player of the Year Award. Rated a three-star recruit by 247Sports, ESPN and Scout, and rated the no. 9 defensive tackle in the state of Florida by Scout. Registered 105 tackles (22 solo) and 10 sacks as a senior and 112 tackles (74 solo) and 12 sacks as a junior. Majored in property management.

63 | GUARD

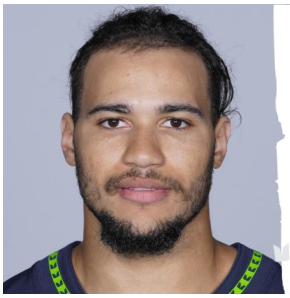
JARED HOCKER

Height: 6-6	Weight: 327
College:	Texas A&M
Season:	Rookie
Born:	July 11, 1998
Hometown:	North Richland Hills, Texas

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Started 32 of 37 career games for the Aggies, starting all 10 games at right guard in 2020. Was a key part of one of the SEC's best offensive lines in the nation as the unit also led the SEC in sacks allowed (0.7), tackles for loss allowed (3.8) and yards per carry (5.45). Attended Birdville High in North Richland Hills, Texas, where he was a third-team member on Dave Campbell's Texas Football Super Team. Rated a three-star recruit by PrepStar and named to the PrepStar All-Southeast Region Team. Rated the nation's no. 62 offensive tackle prospect and the no. 93-rated recruit in the state of Texas.



25 | RUNNING BACK

TRAVIS HOMER

Height: 5-10	Weight: 202
College:	Miami
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	August 7, 1998
Hometown:	West Palm Beach, Fla.

TRANSACTIONS:

05/27/19: Drafted by Seattle (6th round, 204th overall)
12/19/20: Placed on IR (knee)

NFL CAREER HIGHLIGHTS:

• 2020 season was cut short due to knee/wrist/thumb injuries and saw time in only nine games. Scored first-career touchdown at Miami (10/4/20).

• Played in all 16 games with one start in 2019. Took over kickoff return duties in Game 11 and with injuries to Chris Carson, Rashaad Penny and C.J. Prosise, found himself as the lone healthy running back on the roster vs. Arizona (12/22). Started the season finale and the Wild Card Game before splitting playing time with Marshawn Lynch in the divisional game at Green Bay.

COLLEGE: Two-time All-ACC second-team (2017, 2018) selection. Played in 38 games racking up 2,418 all-purpose yards, 1,995 rushing yards and 405 receiving yards at Miami. Scored 12 rushing touchdowns and averaged 6.0 yards per rush over course of his career. Added one receiving touchdown.

PERSONAL: Rated as four star prospect by ESPN, Scout and 247Sports. Totaled 1,315 yards rushing and 13 total touchdowns senior year. Finished prep career by surpassing 3,200 total rushing yards, 41 rushing touchdowns and 50 total touchdowns. Helped lead Oxbridge Academy to FHSAA Regional Finals. Chose Miami over offers from Alabama, Auburn, Florida and Florida State.

TRAVIS HOMER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	16	1	18	114	6.3	29	0	11	56	5.1	11	0
2020	Seahawks	9	0	25	88	3.5	12	0	9	90	10.0	50	1
NFL TOTALS		**25**	**1**	**43**	**202**	**4.7**	**29**	**0**	**20**	**146**	**7.3**	**50**	**1**

TRAVIS HOMER'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	2	1	14	25	1.8	12	0	3	32	10.7	16	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**2**	**1**	**14**	**25**	**1.8**	**12**	**0**	**3**	**32**	**10.7**	**16**	**0**

TRAVIS HOMER'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2019	Seahawks	5	109	21.8	29	0	0	0	0	0.0	0	0
2020	Seahawks	12	291	24.3	44	0	0	0	0	0.0	0	0
NFL TOTALS		**17**	**400**	**23.5**	**44**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

TRAVIS HOMER'S NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2019	Seahawks	5	97	19.4	25	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**5**	**97**	**19.4**	**25**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Special Teams Tackles: 2019 (2), 2020 (3); Career: 5.

TRAVIS HOMER'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	10 vs. San Francisco 49ers, Dec 29, 2019
Rushing Yards	62 vs. San Francisco 49ers, Dec 29, 2019
Longest Runs	29 vs. Minnesota Vikings, Dec 02, 2019
Receptions	6 vs. Arizona Cardinals, Dec 22, 2019
Receiving Yards	64 at Buffalo Bills, Nov 08, 2020
Longest Receptions	50 at Buffalo Bills, Nov 08, 2020
Receiving TDs	1 at Miami Dolphins, Oct 04, 2020
All-Purpose Yards	110 vs. New England Patriots, Sep 20, 2020
Kickoff Returns	3 at Los Angeles Rams, Nov 15, 2020
	...1 more at 3.
Kickoff Return Yards	89 vs. New England Patriots, Sep 20, 2020
Longest Kickoff Return	44 vs. New England Patriots, Sep 20, 2020
Special Teams Tackles	2 vs. Dallas Cowboys, Sep 27, 2020
Most TDs	1 at Miami Dolphins, Oct 04, 2020
Rushing Average	6.2 vs. San Francisco 49ers, Dec 29, 2019
Receiving Average	21.3 at Buffalo Bills, Nov 08, 2020
Kickoff Return Average	29.7 vs. New England Patriots, Sep 20, 2020

TRAVIS HOMER'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

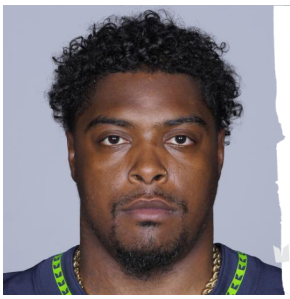
			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Falcons	P	3	-1	-0.3	1	0	2	4	2.0	3	0	W	38-25
09/20	Patriots	P	3	21	7.0	10	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	P	2	19	9.5	12	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	4	5	1.3	8	0	1	3	3.0	3t	1	W	31-23
10/11	Vikings	P	3	14	4.7	6	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	3	10	3.3	6	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	P	1	4	4.0	4	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	P	6	16	2.7	11	0	3	64	21.3	50	0	L	34-44
11/15	at Rams	P	0	0	0.0	0	0	3	19	6.3	12	0	L	16-23
11/19	Cardinals						INACTIVE						W	28-21
11/30	at Eagles						INACTIVE						W	23-17
12/06	Giants						INACTIVE						L	12-17
12/13	Jets						INACTIVE						W	40-3
12/20	at Washington						INJURED RESERVE						W	20-15
12/27	Rams						INJURED RESERVE						W	20-9
01/03	at 49ers						INJURED RESERVE						W	26-23
2020 TOTALS		**9-0**	**25**	**88**	**3.5**	**12**	**0**	**9**	**90**	**10.0**	**50**	**1**	**12-4**	

+ - Overtime

TRAVIS HOMER'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Bengals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-26
09/22	Saints	P	0	0	0.0	0	0	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-10
10/03	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-29
10/13	at Browns	P	0	0	0.0	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	P	1	29	29.0	29	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	P	2	7	3.5	5	0	0	0	0.0	0	0	W	30-24
12/22	Cardinals	P	5	16	3.2	17	0	6	26	4.3	10	0	L	13-27
12/29	49ers	S	10	62	6.2	13	0	5	30	6.0	11	0	L	21-26
2019 TOTALS		**16-1**	**18**	**114**	**6.3**	**29**	**0**	**11**	**56**	**5.1**	**11**	**0**	**11-5**	

+ - Overtime



51 | DEFENSIVE END

KERRY HYDER JR.

Height: 6-2 **Weight:** 275
College: Texas Tech
Seasons: NFL : 8th, Seahawks 1st
Born: May 2, 1991
Hometown: Austin, Texas

TRANSACTIONS:

05/13/14: Signed by N.Y. Jets as a UDFA
08/30/14: Released by N.Y. Jets
09/01/14: Signed to N.Y. Jets PS
01/05/15: Contract expired
01/06/15: Signed future contract with Detroit
09/05/15: Released by Detroit
09/07/15: Signed to Detroit's PS
01/02/16: Signed to active roster
08/15/17: Placed on IR (Achilles)
03/19/19: Signed by Dallas as a FA
03/25/20: Signed by San Francisco as a UFA
03/26/21: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• In his lone season with San Francisco in 2020, totaled a team and career-high 8.5 sacks with 17 quarterback hits, the second-most of his career, and a career-high 49 tackles (30 solo). He registered at least a half-sack in eight of the team's 16 games. It was the first season of his seven-year career as a full-time starter, starting 14 of 16 games played.

• Signed as an undrafted free agent by the N.Y. Jets in 2014 before spending four seasons in Detroit (2015-18) playing in 24 games. Moved on to Dallas in 2019 where he played in 16 games as a reserve lineman.

COLLEGE: A four-year contributor at Texas Tech, finished his career by starting 41 of 49 games and totaled 176 tackles (125 solo), 11 sacks, 34 tackles for loss, six forced fumbles, two fumble recoveries and 10 passes defenses. Senior year honors include: All-Big 12 second-team, Big 12 Broadcasters All-Conference first-team and AP All-Big 12 second-team.

PERSONAL: Participated in football and basketball at Lyndon B. Johnson High, where he was the no. 40 defensive end recruit in the country by Scout.com. Named Class 4A all-state second-team as a senior. Cousin of Chris Houston, who was a cornerback for the Atlanta Falcons (2007-09) and Detroit Lions (2010-13). Wife, Jasmine, was a prominent track & field star at Arizona State, where she made the 2011 world championship team. She currently competes in hurdles in various competitions. Additionally, Jasmine competed in the 2016 Olympic Trials in the 400 meter hurdles. Has five siblings. Majored in business.

KERRY HYDER JR.'S NFL REGULAR SEASON DEFENSIVE STATISTICS

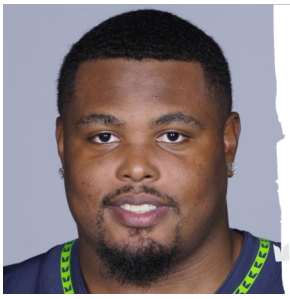
				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2014	Jets	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Lions	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Lions	16	2	36	23	13	4	11	8.0	44.0	19	0	0	0	0	1	0	1	0	0	0	0	0	0	0	0
2017	Lions	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Lions	7	0	6	5	1	1	13	1.0	13.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Cowboys	16	0	16	7	9	2	5	1.0	11.0	14	0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
2020	49ers	16	14	49	30	19	10	48	8.5	46.5	18	0	0	0	0	0	0	1	14	0	0	0	0	0	0	0
NFL TOTALS		**56**	**16**	**107**	**65**	**42**	**17**	**77**	**18.5**	**114.5**	**53**	**0**	**0**	**0**	**0**	**1**	**0**	**3**	**14**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

KERRY HYDER JR.'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2016	Lions	1	0	2	0	2	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**0**	**2**	**0**	**2**	**0**	**0**	**0.0**	**0.0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

KERRY HYDER JR.'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	9 at New York Jets, Sep 20, 2020	**Fumble Recoveries**	1 at Los Angeles Rams, Nov 29, 2020
Sacks	2.0 at Los Angeles Rams, Nov 29, 2020		...2 more at 1.
	...2 more at 2.0.	**Tackles For Loss**	2 at Los Angeles Rams, Nov 29, 2020
Passes Defensed	1 vs. Green Bay Packers, Jan 01, 2017		...1 more at 2.



66 | GUARD

GABE JACKSON

Height: 6-3 **Weight:** 335
College: Mississippi State
Seasons: NFL : 8th, Seahawks 1st
Born: July 12, 1991
Hometown: Liberty, Miss.

TRANSACTIONS:

05/09/14: Drafted by Oakland (3rd round, 81st overall)
12/18/18: Placed on injured reserve (elbow)
03/21/21: Traded by Las Vegas to Seattle

NFL CAREER HIGHLIGHTS:

• A seven-year starter for the Las Vegas Raiders (left guard, 2014-15 and right guard, 2016-20), he started 99 of 100 games played and started all 16 games on three occasions. Has been a member of offensive lines to rank in the top-10 for fewest sacks allowed in four of his seven seasons.

• In 2020, helped pave the way as the Raiders ranked eighth in the NFL in total offense, averaging 383.3 yards per game. Part of an offensive line that finished 10th in the league with fewest sacks allowed (28). Selected as the Silver and Black's 2020 Ed Block Courage Award recipient.

• Part of an offensive line that paved the way for 2019 rookie RB Josh Jacobs who recorded 1,150 rushing yards in just 13 contests, becoming the first Raiders rookie to eclipse the 1,000-yard barrier. Moved from left guard in 2016 and started all 16 games at right guard for the first time in his career en route to being named a Pro Bowl alternate, as the line led the NFL in fewest sacks allowed (18).

COLLEGE: Played four seasons at Mississippi State, becoming one of the most decorated offensive lineman in school history. Started all 52 games of his career at left guard. Two-time All-American selection and a two-time first-team All-SEC recipient. Started all 13 games at left guard as a senior. Earned first-team All-SEC honors by the league coaches and Associated Press for the second straight year. Named second-team All-American by Walter Camp, USA Today and Athlon Sports. Awarded the Cornerly Trophy as the top collegiate player in the state of Mississippi and also claimed the Kent Hull Award as the top offensive lineman in Mississippi. Paved the way for an MSU offense that shattered school records in total yards, first downs and yards per game. Earned SEC Offensive Lineman of the Week honors three times and became just the second MSU offensive lineman in school history to receive the honor two-or-more times. Started all 13 games at left guard as a junior. Earned first-team All-SEC honors by the AP and Phil Steele and second-team honors by the SEC Coaches and ESPN.com. Named to the Phil Steele and FoxSportsNext All-American Second Team, as well as earning honorable mention All-American honors from Sports Illustrated and Pro Football Weekly. Part of an offensive line that gave up the second fewest sacks in the SEC (29th nationally) and did not personally give up a sack all season. Started all 13 games at left guard as a sophomore. Named to the AP and Rivals.com All-SEC Second Team, as well as the Rivals.com Sophomore All-American team. Blocked for an offense that scored 50-plus points twice in the same season for the first time since 1914, and only the third time in school history.

PERSONAL: Attended Amite County High in Liberty, Miss., playing football for his father, Charles Jackson, the team's head coach. Played on both sides

of the ball at tackle during his four-year career. Ranked as the 28th best prospect in the state of Mississippi, and the fourth best offensive lineman on the state chart by Rivals.com.

GABE JACKSON'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2014	Raiders	13	12
2015	Raiders	16	16
2016	Raiders	16	16
2017	Raiders	15	15
2018	Raiders	13	13
2019	Raiders	11	11
2020	Raiders	16	16
NFL TOTALS		**100**	**99**

GABE JACKSON'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2016	Raiders	1	1
NFL TOTALS		**1**	**1**

88 | WIDE RECEIVER

CADE JOHNSON

Height: 5-10 **Weight:** 184
College: South Dakota State
Season: Rookie
Born: April 10, 1998
Hometown: Papillion, Neb.

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Opted out of North Dakota State's spring 2021 season to declare for the NFL Draft. Was a 2019 FCS All-American, Johnson had 72 receptions for 1,222 yards and eight touchdowns. His best collegiate season was 2018, when he had 1,332 yards and 17 touchdowns on 67 receptions. Holds three school records; single-season touchdown receptions (17 in 2018), single-season kickoff return yards (839 in 2017) and single-game touchdown receptions (4 in 2018, shares record with three other players). Left school ranked third in career touchdown receptions (28), fifth in receiving yards (2,872) and sixth in receptions (162). Earned all-state honors in both football and basketball at Bellevue West High School. Set school receiving records with 43 catches for 1,061 yards and 16 touchdowns during his senior season, adding 240 return yards and four interceptions. Also played on a state championship basketball team as a sophomore. Father, Clester, was a member of the 1994 and 1995 Nebraska national championship teams. Brother, Keagan, plays for the University of Iowa. Majored in consumer affairs.

34 | RUNNING BACK

JOSH JOHNSON

Height: 5-9 **Weight:** 209
College: Louisiana-Monroe
Season: Rookie
Born: December 26, 1997
Hometown: Huntsboro, Ala.

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Slowed by a hamstring injury, played in eight of 10 games for Louisiana-Monroe in 2020, rushing 88 times for 321 yards and four touchdowns. Closed out his career ranked among ULM's all-time leaders in rushing average (fourth with 5.48), rushing yards (12th with 1,688) and rushing touchdowns (12th with 16). He also had 31 career receptions for 175 yards (5.6 avg.) and one score. In 2019, Johnson ranked second in the Sun Belt Conference and 13th in the NCAA Football Bowl Subdivision in rushing, averaging 108.2 yards per game. An All-Sun Belt second-team selection as a junior, he also finished among the NCAA FBS Top 20 in yards per carry (10th at 6.46) and rushing yards (T18th with 1,298). His 1,298 rushing yards ranked as the fourth-highest single-season total in ULM history. He was stopped for a loss only nine times in 201 rushing attempts and recorded seven 100-yard rushing games in 2019 while becoming ULM's first 1,000-yard rusher since Frank Goodin in 2009. Spent 2017 freshman year at Coahoma Community College (Clarksdale, Miss.), averaging 122.3 yards that ranked fifth in the NJCAA in rushing. Earned MACJC all-state first-team honors and selected team offensive MVP. Attended Mississippi Gulf Coast Community College in 2016 but did not participate in football. Was a two-year starter at Opelika High, helping the Bulldogs to a combined record of 21-3. Was a Class 6A first-team all-state selection by the Alabama Sports Writers Association as a senior. Rushed 202 times for 1,340 yards and 24 touchdowns in 2015. Posted seven 100-yard rushing games as a senior and scored at least one touchdown in 12 of 13 games. Produced 15 100-yard rushing games and scored multiple touchdowns in 16 of 24 career games. Earned a bachelor's degree in criminal justice from ULM in May 2020.

73 | TACKLE

JAMARCO JONES

Height: 6-4
Weight: 293
College: Ohio State
Seasons: NFL : 4th, Seahawks 4th
Born: June 4, 1996
Hometown: Chicago, Ill.

TRANSACTIONS:

04/28/18: Drafted by Seattle (5th round, 168th overall)
09/01/18: Placed on IR (knee)
12/19/20: Placed on IR (groin)

NFL CAREER HIGHLIGHTS:

• Played in 11 games with two starts in 2020 (one at right guard, one at right tackle).

• Played in 15 games in 2019, with three starts, starting games at both right guard and left tackle, in addition to starting both postseason games at left guard.

• Spent 2018 on injured reserve (knee).

COLLEGE: Two-year starter who played in 50 games and started 27 consecutive games at left tackle as a junior and senior. An all-conference honoree twice without the benefit of a redshirt season, including first-team all-Big Ten in 2017 by both the coaches and the media polls, Jones helped Ohio State win six championships during his career: a CFP national championship in 2014 when he played in 10 games, a 2014 Sugar Bowl title, a 2015 Fiesta Bowl title, a 2017 Cotton Bowl title and Big Ten Conference championships in 2014 and 2017. His play also helped the Buckeyes rank among the Top 20 rushing teams in the nation four consecutive years, including 11th in 2016, 11th in 2015, ninth in 2014 and 17th in 2017 at 243.2 yards per game.

PERSONAL: Jones was a consensus four-star prospect and a Top 100 player nationally who was rated as high as the 63rd-best player in the nation overall by Scout. He was among the 10 best offensive tackle prospects nationally, with No. 6 rankings by both Scout and ESPN. He missed the first half of his senior season with a shoulder injury, but still earned Illinois Coaches Association first-team Class 6A allstate honors and Champaign News-Gazette all-state accolades. Graduated early with a degree in family resource management in December of 2017. He is the son of Urica Jones.

JAMARCO JONES' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	15	3
2020	Seahawks	11	2
NFL TOTALS		**26**	**5**

JAMARCO JONES' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	2	2
2020	Seahawks	0	0
NFL TOTALS		**2**	**2**

13 | WIDE RECEIVER

DARVIN KIDSY JR.

Height: 6-0
Weight: 180
College: Texas Southern
Seasons: NFL : 4th, Seahawks 2nd
Born: March 19, 1995
Hometown: Missouri City, Texas

TRANSACTIONS:

05/14/18: Signed by Washington as a UDFA
09/01/18: Released by Washington
09/02/18: Signed to Washington's PS
12/20/18: Signed to active roster
08/31/19: Released by Washington
10/02/19: Signed to Washington's PS
12/07/19: Signed to active roster
08/31/20: Released by Washington
12/02/20: Signed to Seattle's PS
12/08/20: Released by Seattle
01/29/21: Signed by Seattle to future contract

NFL CAREER HIGHLIGHTS:

• Has played in five career games with one reception for 8 yards with the Washington Football Team.

COLLEGE: Finished his collegiate career at Texas Southern in 2017 after playing at North Texas from 2013-15. Played in 47 career games, catching 86 passes for 1,058 yards with five touchdowns for the Tigers and Mean Green. Also totaled 18 career kickoff returns for 428 yards (23.8 avg.) with one touchdown and 36 career punt returns for 281 yards (7.8 avg.) with two touchdowns. Played in 11 games at Texas Southern in 2017, posting career-highs in receptions (38), receiving yards (519) and receiving touchdowns (three). Played in 11 games at North Texas in 2015, hauling in 17 passes for 240 yards for a team-best 14.1 yards per catch average. In 2014, was North Texas' leading punt returner with 23 returns for 233 yards and a touchdown, its second-leading kickoff returner with 12 for 299 yards with one touchdown and contributed 15 catches for 148 yards on offense. Also competed in track and field at North Texas and Texas Southern.

PERSONAL: Attended Elkins High in Missouri City, Texas, where he was named first-team All-District 23-5A in 2012 after collecting 33 receptions for 669 yards and 11 touchdowns. Ranked as one of Houston's top-100 recruits by the Houston Chronicle. As a junior, posted 35 catches for 400 yards and four touchdowns. Also competed in track and field and was named all-state in the high jump, recording a personal best of 6'11".

DARVIN KIDSY JR.'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	**TEAM**	**GP**	**GS**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**
2018	Washington	2	0	1	8	8.0	8	0	0	0	0.0	0	0
2019	Washington	3	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Washington	0	0	0	0	0.0	0	0	0	0	0.0	0	0
Went from **Washington** to **Seattle**.													
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	TOTAL	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**5**	**0**	**1**	**8**	**8.0**	**8**	**0**	**0**	**0**	**0.0**	**0**	**0**

DARVIN KIDSY JR.'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	**TEAM**	**RET.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**FC**	**YDS.**	**AVG.**	**LG**	**TD**
2018	Washington	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	Washington	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Washington	0	0	0.0	0	0	0	0	0	0.0	0	0
Went from **Washington** to **Seattle**.												
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	TOTAL	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

DARVIN KIDSY JR.'S SINGLE-GAME HIGHS: RECEIVING

Receptions	1 vs. Philadelphia Eagles, Dec 30, 2018	**All-Purpose Yards**	8 vs. Philadelphia Eagles, Dec 30, 2018
Receiving Yards	8 vs. Philadelphia Eagles, Dec 30, 2018	**Special Teams Tackles**	2 at Dallas Cowboys, Dec 29, 2019
Longest Receptions	8 vs. Philadelphia Eagles, Dec 30, 2018		

75 | DEFENSIVE TACKLE

CEDRICK **LATTIMORE**

Height: 6-3 **Weight:** 300
College: Iowa
Seasons: NFL : 2nd, Seahawks 2nd
Born: February 6, 1998
Hometown: Redford, Mich.

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS
01/09/21: Elevated from PS
01/11/21: Reversion to PS

NFL CAREER HIGHLIGHTS:

• Spent entire 2020 season on the practice squad before being called up the morning of Seattle's wild card game vs. the Rams, posting six tackles.

COLLEGE: Played in 44 games over his four-year career with the Hawkeyes, collecting 81 tackles (39 solo), 6.0 sacks and seven tackles for loss. Was named honorable mention All-Big Ten following his senior season when he recorded career-highs in tackles (44) and sacks (2.5).

PERSONAL: Attended East English Village Prep and was named to the state Dream Team and a top-10 player in the state as a senior, when he set the school record with 17.0 sacks. Earned first-team all-state and all-city honors as a senior. Played both defensive end and tackle, helping teams post a 16-7 mark in the final two seasons. Also lettered in basketball. Majored in sports medicine.

CEDRICK LATTIMORE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

CEDRICK LATTIMORE'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	0	6	3	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**0**	**6**	**3**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

62 | GUARD

PIER-OLIVIER **LESTAGE**

Height: 6-3 **Weight:** 312
College: Montreal
Season: Rookie
Born: August 4, 1997
Hometown: Saint Eustache, Quebec
Pronunciation: pee-AIR oh-LIV-ee-EER luh-S

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Played three seasons (2017-19) for the University of Montreal Carabins, with the 2020 season cancelled due to the COVID-19 pandemic. Was named to the RSEQ's all-star first-team and U SPORTS all-star second-team after the 2019 season, as he helped his team to the Vanier Cup championship game, where Montreal fell to Calgary. In May 2021, he was selected in the second-round (10th overall) in the CFL Draft.

16 | WIDE RECEIVER

TYLER LOCKETT

Height: 5-10	Weight: 182
College:	Kansas State
Seasons:	NFL : 7th, Seahawks 7th
Born:	September 28, 1992
Hometown:	Tulsa, Okla.

PRO BOWL '15 | PRO BOWL '17

AP 1ST TEAM '15 | AP 2ND TEAM '16 | AP 2ND TEAM '17

TRANSACTIONS:

05/01/15: Drafted by Seattle (3rd round, 69th overall)
12/27/16: Placed on IR (leg)
08/29/18: Signed multi-year extension with Seattle
04/02/21: Signed extension with Seattle

NFL CAREER HIGHLIGHTS:

• Established the franchise record with 100 receptions in 2020 (94, Doug Baldwin in 2016 and Bobby Engram in 2007), topping his previous career high of 82 set in 2019. Totaled 1,054 yards eclipsing 1,000 for a second-straight season, becoming the sixth player in club history to do so.

• Set career-high with 15 catches at Arizona (10/25/20), tying Steve Largent's franchise record of 15 vs. Detroit (10/18/87). Had 200 yards in that same game, joining Largent (261 vs. Detroit, 10/18/87) as the only players in franchise history with 200 receiving yards in a game. It was also his second three-touchdown game of the season (vs. Dallas, 9/27).

• Along with DK Metcalf, became just the second set of Seahawks teammates to each have 1,000 yards in the same season (Brian Blades, Joey Galloway in 1995). Tied Metcalf for team lead with 10 touchdowns. Also became the first set of receivers to post 80-plus receptions each in a season in club history and gave Seattle two receivers with 10-plus touchdowns each in a season for the second time in club history (Steve Largent, Daryl Turner in 1984).

• Led the Seahawks in 2019 with career-highs in receptions (82) and yards (1,057). Had four 100-yard receiving games, in addition to having 9 catches for 136 yards at Green Bay in the divisional round. Moved into eighth place on Seahawks all-time receiving yards list ahead of Koren Robinson (3,567). Had career games of 11 catches for 154 yards (9/22 vs. New Orleans) and 13 catches for 152 yards (11/3 vs. Tampa Bay).

• Set career-highs in receptions (57), yards (965) and touchdowns (10) in 2018. His 10 scores ranked sixth in the NFL and when Russell Wilson targeted him, the two recorded a perfect 158.3 passer rating (57 for 70, 81.4%). The Saints Drew Brees and Robert Meacham were the last to accomplish that feat in 2009 (min. 50 att.).

• Recorded the second-longest rush by a wide receiver in franchise history (seventh-longest overall), on a 75-yard touchdown run vs. Carolina (12/4/16).

• Became the second player in NFL history (Hall of Famer Gale Sayers) with at least five receiving touchdowns, a kickoff return TD and a punt return TD in a single-season (2015).

• His 51 receptions were the fifth-most single-season receptions by a rookie in franchise history.

• His 1,915 combined yards gained were the fourth-most combined yards gained in a single-season (2015) in franchise history and the franchise rookie-record, and his 139 punt return yards are the most punt return yards in a single-game in franchise history (at Arizona, 1/3/16).

HONORS: 2017: Pro Bowl (Return Specialist), NFC Special Teams Player of the Week (Week 11). 2015: Pro Bowl (Return Specialist), NFC Special Teams Player of the Week (Week 17).

COLLEGE: One of the top wide receivers and all-purpose players in school history who was Kansas State's first four-year All-American. One of just three players in school history to earn all-conference honors all four years. Set 17 school records, including career marks for receptions (249), receiving yards (3,710), receiving touchdowns (29), 100-yard receiving games (17), kickoff-return attempts (77) and kickoff-return yards (2,196). Topped his father, Kevin, for the school's career receptions, yards and touchdowns records.

PERSONAL: Prepped at Booker T. Washington High. Caught 42 passes for 765 yards and 13 touchdowns his senior season. Also had 54 tackles and six interceptions on defense. Led the Hornets to a 13-1 record and a win in the 5A state title game. Son of Kevin Lockett and Nicole Edwards. Father played seven seasons in the NFL with Kansas City, Washington and N.Y. Jets. Majored in business management.

REGULAR SEASON COMPARISON: RECEIVING/RUSHING - LAS VEGAS RAIDERS

				RECEIVING							RUSHING				
DATE	OPP	W/L	GP/GS	NO.	YDS.	AVG.	LG	TD	TGTS	YAC	NO.	YDS.	AVG.	LG	TD
10/14/18	SEA @ OAK	W	S	3	13	4.3	10t	1	4	9	1	7	7.0	7	0
TOTALS		**1/0**	**1/1**	**3**	**13**	**4.3**	**10t**	**1**	**4**	**9**	**1**	**7**	**7**	**7**	**0**

TYLER LOCKETT'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2015	Seahawks	16	8	51	664	13.0	49t	6	5	20	4.0	8	0
2016	Seahawks	15	9	41	597	14.6	57t	1	6	114	19.0	75t	1
2017	Seahawks	16	8	45	555	12.3	74t	2	10	58	5.8	22	0
2018	Seahawks	16	14	57	965	16.9	52t	10	13	69	5.3	18	0
2019	Seahawks	16	16	82	1,057	12.9	44t	8	4	-5	-1.3	3	0
2020	Seahawks	16	16	100	1,054	10.5	47t	10	0	0	0.0	0	0
NFL TOTALS		**95**	**71**	**376**	**4,892**	**13.0**	**74T**	**37**	**38**	**256**	**6.7**	**75T**	**1**

TYLER LOCKETT'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2015	Seahawks	2	0	4	110	27.5	35	1	0	0	0.0	0	0
2016	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2018	Seahawks	1	1	4	120	30.0	53	0	0	0	0.0	0	0
2019	Seahawks	2	2	13	198	15.2	31	1	0	0	0.0	0	0
2020	Seahawks	1	1	2	43	21.5	24	0	0	0	0.0	0	0
NFL TOTALS		**6**	**4**	**23**	**471**	**20.5**	**53**	**2**	**0**	**0**	**0.0**	**0**	**0**

TYLER LOCKETT'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2015	Seahawks	33	852	25.8	105t	1	40	21	379	9.5	66	1
2016	Seahawks	23	606	26.3	46	0	29	22	243	8.4	62	0
2017	Seahawks	37	949	25.6	99t	1	36	21	237	6.6	27	0
2018	Seahawks	19	493	25.9	84	0	25	20	143	5.7	19	0
2019	Seahawks	14	279	19.9	33	0	13	10	66	5.1	20	0
2020	Seahawks	1	9	9.0	9	0	0	0	0	0.0	0	0
NFL TOTALS		**127**	**3,188**	**25.1**	**105T**	**2**	**143**	**94**	**1,068**	**7.5**	**66**	**1**

TYLER LOCKETT'S NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2015	Seahawks	4	104	26.0	50	0	4	4	18	4.5	8	0
2016	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2018	Seahawks	1	52	52.0	52	0	3	0	22	7.3	12	0
2019	Seahawks	3	60	20.0	27	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**8**	**216**	**27.0**	**52**	**0**	**7**	**4**	**40**	**5.7**	**12**	**0**

TYLER LOCKETT'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	3 at New York Giants, Oct 22, 2017
Rushing Yards	75 vs. Carolina Panthers, Dec 04, 2016
Longest Runs	75t vs. Carolina Panthers, Dec 04, 2016
Rushing TDs	1 vs. Carolina Panthers, Dec 04, 2016
Receptions	15 at Arizona Cardinals, Oct 25, 2020
Receiving Yards	200 at Arizona Cardinals, Oct 25, 2020
Longest Receptions	74t at Jacksonville Jaguars, Dec 10, 2017
Receiving TDs	3 at Arizona Cardinals, Oct 25, 2020
	...1 more at 3.
All-Purpose Yards	234 vs. Atlanta Falcons, Nov 20, 2017
Kickoff Returns	6 vs. Los Angeles Rams, Dec 17, 2017
Kickoff Return Yards	197 vs. Atlanta Falcons, Nov 20, 2017
Longest Kickoff Return	105t vs. Chicago Bears, Sep 27, 2015
Kickoff Return TDs	1 vs. Arizona Cardinals, Dec 31, 2017
	...1 more at 1.
Fair Catches	5 at San Francisco 49ers, Nov 26, 2017
Punt Return Yards	139 at Arizona Cardinals, Jan 03, 2016
Longest Punt Return	66 at Arizona Cardinals, Jan 03, 2016
Punt Returns	5 vs. Washington, Nov 05, 2017
	...2 more at 5.
Punt Return TDs	1 at St. Louis Rams, Sep 13, 2015
Special Teams Tackles	1 vs. Detroit Lions, Oct 05, 2015
Miscellaneous Tackles	1 at Los Angeles Rams, Nov 15, 2020
	...3 more at 1.
Most TDs	3 at Arizona Cardinals, Oct 25, 2020
	...1 more at 3.
Receiving Average	32.7 vs. Los Angeles Rams, Oct 07, 2018
Kickoff Return Average	39.4 vs. Atlanta Falcons, Nov 20, 2017

TYLER LOCKETT'S 100-YARD RECEIVING GAMES (10): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/25/20	at Cardinals	15	200	13.3	47t	3
09/22/19	SAINTS	11	154	14.0	40	1
11/03/19	BUCCANEERS	13	152	11.7	30	2
12/15/16	RAMS	7	130	18.6	57t	1
10/29/17	TEXANS	6	121	20.2	54	0
12/15/19	at Panthers	8	120	15.0	44	1
11/25/18	at Panthers	5	107	21.4	43	1
12/13/15	at Ravens	6	104	17.3	49t	2
10/27/19	at Falcons	6	100	16.7	20	0
09/27/20	COWBOYS	9	100	11.1	43t	3

TYLER LOCKETT'S 100-YARD RECEIVING GAMES (2): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/12/20	at Packers	9	136	15.1	31	1
01/05/19	at Cowboys	4	120	30.0	53	0

TYLER LOCKETT'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Falcons	S	8	92	11.5	20	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	7	67	9.6	16	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	9	100	11.1	43t	3	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	2	39	19.5	30	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	4	44	11.0	17	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	15	200	13.3	47t	3	0	0	0.0	0	0	L	34-37+
11/01	49ers	S	4	33	8.3	12	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	4	40	10.0	12	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	S	5	66	13.2	39	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	9	67	7.4	11t	1	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	3	23	7.7	18	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	6	63	10.5	24	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	5	52	10.4	17	0	0	0	0.0	0	0	W	40-3
12/20	at Washington	S	4	34	8.5	15	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	3	44	14.7	24	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	12	90	7.5	26	2	0	0	0.0	0	0	W	26-23
2020 TOTALS		**16-16**	**100**	**1,054**	**10.5**	**47T**	**10**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

TYLER LOCKETT'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Bengals	S	1	44	44.0	44t	1	0	0	0.0	0	0	W	21-20
09/15	at Steelers	S	10	79	7.9	22	0	0	0	0.0	0	0	W	28-26
09/22	Saints	S	11	154	14.0	40	1	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	S	4	51	12.8	28	0	0	0	0.0	0	0	W	27-10
10/03	Rams	S	4	51	12.8	17	1	1	-8	-8.0	-8	0	W	30-29
10/13	at Browns	S	5	75	15.0	22	0	1	3	3.0	3	0	W	32-28
10/20	Ravens	S	5	61	12.2	33	1	1	-3	-3.0	-3	0	L	16-30
10/27	at Falcons	S	6	100	16.7	20	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	13	152	11.7	30	2	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	S	3	26	8.7	13	0	1	3	3.0	3	0	W	27-24+
11/24	at Eagles	S	1	38	38.0	38	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	S	0	0	0.0	0	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	S	4	43	10.8	19	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	S	8	120	15.0	44	1	0	0	0.0	0	0	W	30-24
12/22	Cardinals	S	1	12	12.0	12	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	6	51	8.5	14t	1	0	0	0.0	0	0	L	21-26
2019 TOTALS		**16-16**	**82**	**1,057**	**12.9**	**44T**	**8**	**4**	**-5**	**-1.3**	**3**	**0**	**11-5**	

+ - Overtime

TYLER LOCKETT'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/09	at Broncos	S	3	59	19.7	51t	1	0	0	0.0	0	0	L	24-27
09/17	at Bears	S	5	60	12.0	20	1	0	0	0.0	0	0	L	17-24
09/23	Cowboys	S	4	77	19.3	52t	1	1	5	5.0	5	0	W	24-13
09/30	at Cardinals	S	5	53	10.6	13	0	0	0	0.0	0	0	W	20-17
10/07	Rams	S	3	98	32.7	44	1	1	6	6.0	6	0	L	31-33
10/14	at Raiders	S	3	13	4.3	10t	1	1	7	7.0	7	0	W	27-3
10/28	at Lions	S	2	34	17.0	24t	1	2	13	6.5	10	0	W	28-14
11/04	Chargers	P	3	22	7.3	9	0	0	0	0.0	0	0	L	17-25
11/11	at Rams	S	5	67	13.4	29	1	1	18	18.0	18	0	L	31-36
11/15	Packers	S	5	71	14.2	34	0	1	1	1.0	1	0	W	27-24
11/25	at Panthers	S	5	107	21.4	43	1	1	-2	-2.0	-2	0	W	30-27
12/02	49ers	S	1	52	52.0	52t	1	1	10	10.0	10	0	W	43-16
12/10	Vikings	S	5	42	8.4	14	0	2	-3	-1.5	1	0	W	21-7
12/16	at 49ers	S	2	45	22.5	28	0	1	11	11.0	7	0	L	23-26+
12/23	Chiefs	S	4	99	24.8	45	0	0	0	0.0	0	0	W	38-31
12/30	Cardinals	P	2	66	33.0	37	1	1	3	3.0	3	0	W	27-24
2018 TOTALS		**16-14**	**57**	**965**	**16.9**	**52T**	**10**	**13**	**69**	**5.3**	**18**	**0**	**10-6**	

+ - Overtime

TYLER LOCKETT'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/10	at Packers	P	1	8	8.0	8	0	0	0	0.0	0	0	L	9-17
09/17	49ers	S	6	64	10.7	22	0	0	0	0.0	0	0	W	12-9
09/24	at Titans	S	2	30	15.0	16	0	0	0	0.0	0	0	L	27-33
10/01	Colts	S	4	67	16.8	41	0	2	24	12.0	22	0	W	46-18
10/08	at Rams	S	3	26	8.7	12	0	1	7	7.0	7	0	W	16-10
10/22	at Giants	P	4	29	7.3	14	0	3	15	5.0	6	0	W	24-7
10/29	Texans	P	6	121	20.2	54	0	1	-2	-2.0	-2	0	W	41-38
11/05	Washington	P	2	10	5.0	6	0	0	0	0.0	0	0	L	14-17
11/09	at Cardinals	S	1	16	16.0	16	0	0	0	0.0	0	0	W	22-16
11/20	Falcons	S	4	37	9.3	14	0	0	0	0.0	0	0	L	31-34
11/26	at 49ers	P	0	0	0.0	0	0	1	2	2.0	2	0	W	24-13
12/03	Eagles	S	2	17	8.5	16	1	0	0	0.0	0	0	W	24-10
12/10	at Jaguars	P	4	90	22.5	74t	1	1	10	10.0	10	0	L	24-30
12/17	Rams	P	2	8	4.0	4	0	0	0	0.0	0	0	L	7-42
12/24	at Cowboys	S	1	7	7.0	7	0	1	2	2.0	2	0	W	21-12
12/31	Cardinals	P	3	25	8.3	18	0	0	0	0.0	0	0	L	24-26
2017 TOTALS		**16-8**	**45**	**555**	**12.3**	**74T**	**2**	**10**	**58**	**5.8**	**22**	**0**	**9-7**	

TYLER LOCKETT'S 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L/T	SCORE
09/11	Dolphins	S	3	17	5.7	6	0	0	0	0.0	0	0	W	12-10
09/18	at Rams	S	4	99	24.8	53	0	0	0	0.0	0	0	L	3-9
09/25	49ers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	37-18
10/02	at Jets	P	1	13	13.0	13	0	0	0	0.0	0	0	W	27-17
10/16	Falcons	S	3	23	7.7	10	0	1	2	2.0	2	0	W	26-24
10/23	at Cardinals	S	2	13	6.5	8	0	0	0	0.0	0	0	T	6-6+
10/30	at Saints	S	4	32	8.0	10	0	0	0	0.0	0	0	L	20-25
11/07	Bills	S	1	17	17.0	17	0	1	13	13.0	13	0	W	31-25
11/13	at Patriots	P	3	72	24.0	36	0	0	0	0.0	0	0	W	31-24
11/20	Eagles	P	2	39	19.5	30	0	0	0	0.0	0	0	W	26-15
11/27	at Buccaneers	P	0	0	0.0	0	0	1	9	9.0	9	0	L	5-14
12/04	Panthers	P	5	63	12.6	40	0	1	75	75.0	75t	1	W	40-7
12/11	at Packers	S	4	41	10.3	15	0	2	15	7.5	13	0	L	10-38
12/15	Rams	S	7	130	18.6	57t	1	0	0	0.0	0	0	W	24-3
12/24	Cardinals	S	2	38	19.0	28	0	0	0	0.0	0	0	L	31-34
2016 TOTALS		**15-9**	**41**	**597**	**14.6**	**57T**	**1**	**6**	**114**	**19.0**	**75T**	**1**	**9-5-1**	

+ - Overtime

TYLER LOCKETT'S 2015 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Rams	P	4	34	8.5	12	0	0	0	0.0	0	0	L	31-34+
09/20	at Packers	S	2	17	8.5	17	0	0	0	0.0	0	0	L	17-27
09/27	Bears	S	0	0	0.0	0	0	0	0	0.0	0	0	W	26-0
10/05	Lions	S	4	58	14.5	23	0	1	1	1.0	1	0	W	13-10
10/11	at Bengals	P	2	29	14.5	22	0	0	0	0.0	0	0	L	24-27+
10/18	Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	L	23-27
10/22	at 49ers	P	5	79	15.8	43t	1	0	0	0.0	0	0	W	20-3
11/01	at Cowboys	P	3	36	12.0	16	0	0	0	0.0	0	0	W	13-12
11/15	Cardinals	S	1	7	7.0	7	0	0	0	0.0	0	0	L	32-39
11/22	49ers	P	4	48	12.0	24t	2	1	5	5.0	5	0	W	29-13
11/29	Steelers	S	3	38	12.7	16	0	0	0	0.0	0	0	W	39-30
12/06	at Vikings	P	7	90	12.9	29	0	1	7	7.0	7	0	W	38-7
12/13	at Ravens	S	6	104	17.3	49t	2	0	0	0.0	0	0	W	35-6
12/20	Browns	P	5	55	11.0	27t	1	0	0	0.0	0	0	W	30-13
12/27	Rams	S	3	33	11.0	16	0	0	0	0.0	0	0	L	17-23
01/03	at Cardinals	S	2	36	18.0	36	0	2	7	3.5	8	0	W	36-6
2015 TOTALS		**16-8**	**51**	**664**	**13.0**	**49T**	**6**	**5**	**20**	**4.0**	**8**	**0**	**10-6**	

+ - Overtime

TYLER LOCKETT'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/13	at Falcons	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	1	9	9.0	9	0	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	34-44
11/15	at Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	40-3
12/20	at Washington	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	26-23
2020 TOTALS		**16-16**	**1**	**9**	**9.0**	**9**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

TYLER LOCKETT'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/08	Bengals	S	0	0	0.0	0	0	0	2	0	0.0	0	0	W	21-20
09/15	at Steelers	S	0	0	0.0	0	0	2	2	10	5.0	10	0	W	28-26
09/22	Saints	S	2	47	23.5	29	0	3	1	12	4.0	8	0	L	27-33
09/29	at Cardinals	S	1	21	21.0	21	0	2	0	-3	-1.5	0	0	W	27-10
10/03	Rams	S	1	33	33.0	33	0	1	1	0	0.0	0	0	W	30-29
10/13	at Browns	S	1	21	21.0	21	0	0	0	0	0.0	0	0	W	32-28
10/20	Ravens	S	3	58	19.3	22	0	2	0	12	6.0	6	0	L	16-30
10/27	at Falcons	S	1	21	21.0	21	0	0	1	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	0	0	0.0	0	0	2	2	15	7.5	8	0	W	40-34+
11/11	at 49ers	S	3	43	14.3	22	0	1	0	20	20.0	20	0	W	27-24+
11/24	at Eagles	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	S	0	0	0.0	0	0	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	S	0	0	0.0	0	0	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	S	0	0	0.0	0	0	0	1	0	0.0	0	0	W	30-24
12/22	Cardinals	S	1	18	18.0	18	0	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	1	17	17.0	17	0	0	0	0	0.0	0	0	L	21-26
2019 TOTALS		**16-16**	**14**	**279**	**19.9**	**33**	**0**	**13**	**10**	**66**	**5.1**	**20**	**0**	**11-5**	

+ - Overtime

TYLER LOCKETT'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/09	at Broncos	S	2	39	19.5	30	0	3	0	11	3.7	9	0	L	24-27
09/17	at Bears	S	0	0	0.0	0	0	1	3	14	14.0	14	0	L	17-24
09/23	Cowboys	S	3	66	22.0	27	0	3	1	25	8.3	18	0	W	24-13
09/30	at Cardinals	S	0	0	0.0	0	0	4	1	39	9.8	19	0	W	20-17
10/07	Rams	S	3	77	25.7	42	0	1	0	-3	-3.0	-3	0	L	31-33
10/14	at Raiders	S	0	0	0.0	0	0	1	0	0	0.0	0	0	W	27-3
10/28	at Lions	S	0	0	0.0	0	0	1	0	10	10.0	10	0	W	28-14
11/04	Chargers	P	1	34	34.0	34	0	3	0	4	1.3	6	0	L	17-25
11/11	at Rams	S	1	21	21.0	21	0	1	0	9	9.0	9	0	L	31-36
11/15	Packers	S	2	47	23.5	27	0	0	4	0	0.0	0	0	W	27-24
11/25	at Panthers	S	0	0	0.0	0	0	0	1	0	0.0	0	0	W	30-27
12/02	49ers	S	2	111	55.5	84	0	1	4	-4	-4.0	-4	0	W	43-16
12/10	Vikings	S	0	0	0.0	0	0	3	1	17	5.7	12	0	W	21-7
12/16	at 49ers	S	1	3	3.0	3	0	1	2	8	8.0	8	0	L	23-26+
12/23	Chiefs	S	1	32	32.0	32	0	2	0	13	6.5	10	0	W	38-31
12/30	Cardinals	P	3	63	21.0	26	0	0	3	0	0.0	0	0	W	27-24
2018 TOTALS		**16-14**	**19**	**493**	**25.9**	**84**	**0**	**25**	**20**	**143**	**5.7**	**19**	**0**	**10-6**	

+ - Overtime

TYLER LOCKETT'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/10	at Packers	P	3	91	30.3	43	0	1	4	7	7.0	7	0	L	9-17
09/17	49ers	S	2	46	23.0	27	0	3	2	0	0.0	0	0	W	12-9
09/24	at Titans	S	0	0	0.0	0	0	3	0	32	10.7	13	0	L	27-33
10/01	Colts	S	1	16	16.0	16	0	0	2	0	0.0	0	0	W	46-18
10/08	at Rams	S	0	0	0.0	0	0	1	1	10	10.0	10	0	W	16-10
10/22	at Giants	P	2	45	22.5	23	0	4	1	35	8.8	14	0	W	24-7
10/29	Texans	P	2	32	16.0	21	0	3	0	10	3.3	11	0	W	41-38
11/05	Washington	P	2	33	16.5	21	0	5	1	45	9.0	21	0	L	14-17
11/09	at Cardinals	S	3	57	19.0	20	0	2	1	18	9.0	15	0	W	22-16
11/20	Falcons	S	5	197	39.4	57	0	1	2	0	0.0	0	0	L	31-34
11/26	at 49ers	P	1	26	26.0	26	0	2	5	7	3.5	8	0	W	24-13
12/03	Eagles	S	2	47	23.5	25	0	1	1	2	2.0	2	0	W	24-10
12/10	at Jaguars	P	4	85	21.3	25	0	3	0	5	1.7	5	0	L	24-30
12/17	Rams	P	6	118	19.7	32	0	2	1	18	9.0	18	0	L	7-42
12/24	at Cowboys	S	0	0	0.0	0	0	1	0	9	9.0	9	0	W	21-12
12/31	Cardinals	P	4	156	39.0	99t	1	4	0	39	9.8	27	0	L	24-26
2017 TOTALS		**16-8**	**37**	**949**	**25.6**	**99T**	**1**	**36**	**21**	**237**	**6.6**	**27**	**0**	**9-7**	

TYLER LOCKETT'S 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	OPPONENT	P/S	RET	YDS	AVG	LG	TD	NO	FC	YDS	AVG	LG	TD	W/L	SCORE
09/11	Dolphins	S	0	0	0.0	0	0	3	3	40	13.3	22	0	W	12-10
09/18	at Rams	S	0	0	0.0	0	0	0	4	0	0.0	0	0	L	3-9
09/25	49ers	P	0	0	0.0	0	0	3	2	70	23.3	62	0	W	37-18
10/02	at Jets	P	0	0	0.0	0	0	2	1	8	4.0	7	0	W	27-17
10/16	Falcons	S	4	85	21.3	24	0	3	1	21	7.0	15	0	W	26-24
10/23	at Cardinals	S	2	51	25.5	36	0	1	2	0	0.0	0	0	T	6-6+
10/30	at Saints	S	4	115	28.8	37	0	2	0	14	7.0	11	0	L	20-25
11/07	Bills	S	1	43	43.0	43	0	2	0	20	10.0	22	0	W	31-25
11/13	at Patriots	P	1	32	32.0	32	0	2	0	4	2.0	5	0	W	31-24
11/20	Eagles	P	1	7	7.0	7	0	3	1	31	10.3	19	0	W	26-15
11/27	at Buccaneers	P	1	15	15.0	15	0	1	1	0	0.0	0	0	L	5-14
12/04	Panthers	P	1	46	46.0	46	0	3	1	12	4.0	10	0	W	40-7
12/11	at Packers	S	5	136	27.2	32	0	0	2	0	0.0	0	0	L	10-38
12/15	Rams	S	2	48	24.0	27	0	2	2	16	8.0	13	0	W	24-3
12/24	Cardinals	S	1	28	28.0	28	0	2	2	7	3.5	4	0	L	31-34
2016 TOTALS		**15-9**	**23**	**606**	**26.3**	**46**	**0**	**29**	**22**	**243**	**8.4**	**62**	**0**	**9-5**	

+ - Overtime

TYLER LOCKETT'S 2015 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			KICKOFF RETURNS					PUNT RETURNS							
DATE	**OPPONENT**	**P/S**	**RET**	**YDS**	**AVG**	**LG**	**TD**	**NO**	**FC**	**YDS**	**AVG**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Rams	P	2	56	28.0	35	0	2	0	63	31.5	57t	1	L	31-34+
09/20	at Packers	S	4	79	19.8	26	0	2	0	22	11.0	22	0	L	17-27
09/27	Bears	S	1	105	105.0	105t	1	3	3	9	3.0	10	0	W	26-0
10/05	Lions	S	2	30	15.0	19	0	5	2	42	8.4	14	0	W	13-10
10/11	at Bengals	P	1	21	21.0	21	0	2	1	8	4.0	12	0	L	24-27+
10/18	Panthers	P	2	27	13.5	14	0	4	1	28	7.0	10	0	L	23-27
10/22	at 49ers	P	1	20	20.0	20	0	5	1	11	2.2	5	0	W	20-3
11/01	at Cowboys	P	1	18	18.0	18	0	1	1	12	12.0	12	0	W	13-12
11/15	Cardinals	S	5	104	20.8	34	0	1	2	0	0.0	0	0	L	32-39
11/22	49ers	P	0	0	0.0	0	0	4	2	1	0.3	4	0	W	29-13
11/29	Steelers	S	5	148	29.6	54	0	0	2	0	0.0	0	0	W	39-30
12/06	at Vikings	P	1	47	47.0	47	0	3	0	19	6.3	19	0	W	38-7
12/13	at Ravens	S	0	0	0.0	0	0	1	2	0	0.0	0	0	W	35-6
12/20	Browns	P	4	91	22.8	30	0	1	1	5	5.0	5	0	W	30-13
12/27	Rams	S	4	106	26.5	34	0	2	2	20	10.0	13	0	L	17-23
01/03	at Cardinals	S	0	0	0.0	0	0	4	1	139	34.8	66	0	W	36-6
2015 TOTALS		**16-8**	**33**	**852**	**25.8**	**105T**	**1**	**40**	**21**	**379**	**9.5**	**66**	**1**	**10-6**	

+ - Overtime

64 | CENTER

BRAD LUNDBLADE

Height: 6-3 **Weight:** 295
College: Oklahoma State
Seasons: NFL : 4th, Seahawks 2nd
Born: September 21, 1995
Hometown: Argyle, Texas

TRANSACTIONS:

05/04/18: Signed by Seattle as a UDFA
05/07/18: Released by Seattle
05/14/18: Signed by Cincinnati as a FA
09/01/18: Released by Cincinnati
09/02/18: Signed to Cincinnati's PS
08/31/19: Released by Cincinnati
09/03/19: Signed to Carolina's PS
11/29/19: Signed to active roster
12/05/19: Released by Carolina
12/09/19: Signed to N.Y. Jets PS
09/05/20: Released by N.Y. Jets
11/23/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Has played in one career game, in 2019 with the Panthers vs. Washington in Week 13.

COLLEGE: Went from a walk-on freshman to a three-year starter Oklahoma State, earning first-team All-Big 12 honors from the coaches and second-team All-Big 12 recognition from the Associated Press as a senior.

PERSONAL: At Liberty Christian High, won the state championship in the discus throw three times and twice in the shot put. Was a finalist for the William V. Campbell Trophy as a senior, he was one of only two players in Oklahoma State history to earn CoSIDA Academic All-America first-team honors twice in his career. Also served on the NCAA Autonomy Governance Committee as one of only three student-athlete representatives from the Big 12, as well as the Big 12 Student-Athlete Advisory Committee.

BRAD LUNDBLADE'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Bengals	0	0
2018	Bengals	0	0
2019	Jets	0	0
	Went from **N.Y. Jets** to **Carolina**.		
2019	Panthers	1	0
2019	TOTAL	1	0
2020	Panthers	0	0
	Went from **Carolina** to **Seattle**.		
2020	Seahawks	0	0
2020	TOTAL	0	0
NFL TOTALS		**1**	**0**

BRAD LUNDBLADE'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	0	0
NFL TOTALS		**0**	**0**

85 | TIGHT END

TYLER MABRY

Height: 6-3 **Weight:** 247
College: Maryland
Seasons: NFL : 2nd, Seahawks 2nd
Born: November 21, 1996
Hometown: Ypsilanti, Mich.

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

Began his career at the University of Buffalo (2015-18), redshirting his true freshman season, before being a graduate transfer and ending his collegiate career at Maryland. Started 41 of 50 games in his college career, posting 73 receptions for 722 yards and six touchdowns. Chose Maryland over Alabama and started all 12 games for the Terps, recording 13 receptions for 155 yards and three touchdowns. Was named first-team All-Mid American Conference in 2018 at Buffalo after starting all 14 games and posting 27 receptions for 230 yards and two touchdowns. After playing three seasons at Lincoln High School in Ypsilanti, Mich., he played his senior season for head coach Chris Weinke at IMG Academy, where he was used primarily as a blocking tight end. He had 11 receptions for 154 yards and a touchdown in his senior season at IMG. Helped lead the Ascenders to a 10-1 record and a No. 1-ranking in the state of Florida. At Lincoln, he had 19 receptions for 270 yards and two touchdowns. Majored in communications.

TYLER MABRY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

TYLER MABRY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

9 | QUARTERBACK

SEAN MANNION

Height: 6-6 **Weight:** 230
College: Oregon State
Seasons: NFL : 7th, Seahawks 1st
Born: April 25, 1992
Hometown: Pleasanton, Calif.

TRANSACTIONS:

05/01/15: Drafted by St. Louis (3rd round, 89th overall)
04/15/19: Signed with Minnesota as a UFA
03/19/20: Re-signed with Minnesota
08/01/21: Signed with Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Has played in 13 games with two starts in his six-year NFL career, with his most playing time coming in 2017 with the Rams, playing in five games with one start. Saw his last NFL action in 2019 with Minnesota.

• Was a member of the Super Bowl LIII Los Angeles Rams team.

COLLEGE: Made 43 starts at Oregon State, completing 1,187 of 1,838 passes (64.6%) for 13,600 yards and 83 touchdowns. His 13,600 career passing yards set a Pac-12 record. Set Oregon State program records for career passing touchdowns (83) and completion percentage (64.6). Was a two-time Honorable Mention All-Pac 12 (2013, 2014). In 2014, finished his senior season with 3,164 passing yards, the 10th-most in OSU history. As a junior in 2013, tied for fourth in the nation for passing touchdowns (37) and was second in the nation with 4,662 passing yards, a Pac-12 record. Set Oregon State season records with 400 completions and 603 pass attempts.

PERSONAL: Was a three-year football starter at Foothill High School, finishing as the program's career passing leader. Was Rivals 14th-best pro style quarterback in the nation. Threw for 3,521 yards and 27 touchdowns as a senior. Set a Northern California prep record with 581 yard, five-touchdown game. Earned two letters as a pitcher for the baseball team and one letter as a center for the basketball team. Married to wife, Megan. Father, John, is the head football coach at Mountainside High in Beaverton, Ore. Graduated in December 2014 with a degree in liberal studies.

SEAN MANNION'S NFL REGULAR SEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2015	Rams	1	0	7	6	85.7	31	4.4	0	0	11	0	0	85.1
2016	Rams	1	0	6	3	50.0	19	3.2	0	1	9	0	0	17.4
2017	Rams	5	1	37	22	59.5	185	5.0	0	0	50	3	20	72.5
2018	Rams	3	0	3	2	66.7	23	7.7	0	0	18	0	0	89.6
2019	Vikings	3	1	21	12	57.1	126	6.0	0	2	35	0	0	35.1
2020	Vikings	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
TOTALS		**13**	**2**	**74**	**45**	**60.8**	**384**	**5.2**	**0**	**3**	**50**	**3**	**20**	**57.5**

SEAN MANNION'S NFL POSTSEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2017	Rams	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2018	Rams	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2019	Vikings	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**

SEAN MANNION'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	34 vs. San Francisco 49ers, Dec 31, 2017	**Passer Rating**	71.8 vs. San Francisco 49ers, Dec 31, 2017
Pass Completions	20 vs. San Francisco 49ers, Dec 31, 2017	**Rush Attempts**	3 at Los Angeles Chargers, Dec 15, 2019
Yards Passing	169 vs. San Francisco 49ers, Dec 31, 2017		...2 more at 3.
Long Passes	50 vs. San Francisco 49ers, Dec 31, 2017	**Rushing Yards**	4 vs. San Francisco 49ers, Dec 31, 2017
Completion Percentage	58.8 vs. San Francisco 49ers, Dec 31, 2017	**Longest Runs**	3 at San Francisco 49ers, Oct 21, 2018
			...1 more at 3.

SEAN MANNION'S 2020 GXG REGULAR-SEASON STATISTICS (VIKINGS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/13	Packers							DID NOT PLAY (NON-INJURY)										L	34-43
09/20	at Colts							DID NOT PLAY (NON-INJURY)										L	11-28
09/27	Titans							DID NOT PLAY (NON-INJURY)										L	30-31
10/04	at Texans							DID NOT PLAY (NON-INJURY)										W	31-23
10/11	at Seahawks							DID NOT PLAY (NON-INJURY)										L	26-27
10/18	Falcons							DID NOT PLAY (NON-INJURY)										L	23-40
11/01	at Packers							DID NOT PLAY (NON-INJURY)										W	28-22
11/08	Lions							DID NOT PLAY (NON-INJURY)										W	34-20
11/16	at Bears							DID NOT PLAY (NON-INJURY)										W	19-13
11/22	Cowboys							DID NOT PLAY (NON-INJURY)										L	28-31
11/29	Panthers							DID NOT PLAY (NON-INJURY)										W	28-27
12/06	Jaguars							DID NOT PLAY (NON-INJURY)										W	27-24+
12/13	at Buccaneers							DID NOT PLAY (NON-INJURY)										L	14-26
12/20	Bears							DID NOT PLAY (NON-INJURY)										L	27-33
12/25	at Saints							DID NOT PLAY (NON-INJURY)										L	33-52
01/03	at Lions							DID NOT PLAY (NON-INJURY)										W	37-35
2020 TOTALS		**0-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**0**	**0**	**0**	**0**	**7-9**	

+ - Overtime

SEAN MANNION'S 2019 GXG REGULAR-SEASON STATISTICS (VIKINGS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/08	Falcons							DID NOT PLAY (NON-INJURY)										W	28-12
09/15	at Packers							DID NOT PLAY (NON-INJURY)										L	16-21
09/22	Raiders	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	2	-2	0	0	W	34-14
09/29	at Bears							DID NOT PLAY (NON-INJURY)										L	6-16
10/06	at Giants							DID NOT PLAY (NON-INJURY)										W	28-10
10/13	Eagles							DID NOT PLAY (NON-INJURY)										W	38-20
10/20	at Lions							DID NOT PLAY (NON-INJURY)										W	42-30
10/24	Washington							DID NOT PLAY (NON-INJURY)										W	19-9
11/03	at Chiefs							DID NOT PLAY (NON-INJURY)										L	23-26
11/10	at Cowboys							DID NOT PLAY (NON-INJURY)										W	28-24
11/17	Broncos							DID NOT PLAY (NON-INJURY)										W	27-23
12/02	at Seahawks							DID NOT PLAY (NON-INJURY)										L	30-37
12/08	Lions							DID NOT PLAY (NON-INJURY)										W	20-7
12/15	at Chargers	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	3	-3	-1	0	W	39-10
12/23	Packers							DID NOT PLAY (NON-INJURY)										L	10-23
12/29	Bears	S	21	12	126	57.1	6.0	10.5	0	2	35	0/0	35.1	1	0	0	0	L	19-21
2019 TOTALS		**3-1**	**21**	**12**	**126**	**57.1**	**6.0**	**10.5**	**0**	**2**	**35**	**0/0**	**35.1**	**6**	**-5**	**0**	**0**	**10-6**	

SEAN MANNION'S 2018 GXG REGULAR-SEASON STATISTICS (RAMS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/10	at Raiders							DID NOT PLAY (NON-INJURY)										W	33-13
09/16	Cardinals							DID NOT PLAY (NON-INJURY)										W	34-0
09/23	Chargers							DID NOT PLAY (NON-INJURY)										W	35-23
09/27	Vikings							DID NOT PLAY (NON-INJURY)										W	38-31
10/07	at Seahawks							DID NOT PLAY (NON-INJURY)										W	33-31
10/14	at Broncos							DID NOT PLAY (NON-INJURY)										W	23-20
10/21	at 49ers	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	3	1	3	0	W	39-10
10/28	Packers							DID NOT PLAY (NON-INJURY)										W	29-27
11/04	at Saints							DID NOT PLAY (NON-INJURY)										L	35-45
11/11	Seahawks							DID NOT PLAY (NON-INJURY)										W	36-31
11/19	Chiefs							DID NOT PLAY (NON-INJURY)										W	54-51
12/02	at Lions							DID NOT PLAY (NON-INJURY)										W	30-16
12/09	at Bears							DID NOT PLAY (NON-INJURY)										L	6-15
12/16	Eagles							DID NOT PLAY (NON-INJURY)										L	23-30
12/23	at Cardinals	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	2	-2	-1	0	W	31-9
12/30	49ers	P	3	2	23	66.7	7.7	11.5	0	0	18	0/0	89.6	2	-8	-4	0	W	48-32
2018 TOTALS		**3-0**	**3**	**2**	**23**	**66.7**	**7.7**	**11.5**	**0**	**0**	**18**	**0/0**	**89.6**	**7**	**-9**	**3**	**0**	**13-3**	

SEAN MANNION'S 2017 GXG REGULAR-SEASON STATISTICS (RAMS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/10	Colts	P	1	1	12	100.0	12.0	12.0	0	0	12	0/0	116.7	3	-7	-2	0	W	46-9
09/17	Washington							DID NOT PLAY (NON-INJURY)										L	20-27
09/21	at 49ers							DID NOT PLAY (NON-INJURY)										W	41-39
10/01	at Cowboys							DID NOT PLAY (NON-INJURY)										W	35-30
10/08	Seahawks							DID NOT PLAY (NON-INJURY)										L	10-16
10/15	at Jaguars							DID NOT PLAY (NON-INJURY)										W	27-17
10/22	Cardinals	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	33-0
11/05	at Giants	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	51-17
11/12	Texans							DID NOT PLAY (NON-INJURY)										W	33-7
11/19	at Vikings							DID NOT PLAY (NON-INJURY)										L	7-24
11/26	Saints							DID NOT PLAY (NON-INJURY)										W	26-20
12/03	at Cardinals							DID NOT PLAY (NON-INJURY)										W	32-16
12/10	Eagles							DID NOT PLAY (NON-INJURY)										L	35-43
12/17	at Seahawks	P	2	1	4	50.0	2.0	4.0	0	0	4	0/0	56.2	2	3	3	0	W	42-7
12/24	at Titans							DID NOT PLAY (NON-INJURY)										W	27-23
12/31	49ers	S	34	20	169	58.8	5.0	8.5	0	0	50	3/20	71.8	2	4	2	0	L	13-34
2017 TOTALS		**5-1**	**37**	**22**	**185**	**59.5**	**5.0**	**8.4**	**0**	**0**	**50**	**3/20**	**72.5**	**9**	**-2**	**3**	**0**	**11-5**	

SEAN MANNION'S 2016 GXG REGULAR-SEASON STATISTICS (RAMS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/12	at 49ers							DID NOT PLAY (NON-INJURY)										L	0-28
09/18	Seahawks								INACTIVE									W	9-3
09/25	at Buccaneers								INACTIVE									W	37-32
10/02	at Cardinals								INACTIVE									W	17-13
10/09	Bills								INACTIVE									L	19-30
10/16	at Lions								INACTIVE									L	28-31
10/23	Giants								INACTIVE									L	10-17
11/06	Panthers								ON INACTIVE LIST									L	10-13
11/13	at Jets								INACTIVE									W	9-6
11/20	Dolphins								INACTIVE									L	10-14
11/27	at Saints								INACTIVE									L	21-49
12/04	at Patriots								INACTIVE									L	10-26
12/11	Falcons								INACTIVE									L	14-42
12/15	at Seahawks								INACTIVE									L	3-24
12/24	49ers							DID NOT PLAY (NON-INJURY)										L	21-22
01/01	Cardinals	P	6	3	19	50.0	3.2	6.3	0	1	9	0/0	17.4	1	-1	-1	0	L	6-44
2016 TOTALS		**1-0**	**6**	**3**	**19**	**50.0**	**3.2**	**6.3**	**0**	**1**	**9**	**0/0**	**17.4**	**1**	**-1**	**-1**	**0**	**4-12**	

SEAN MANNION'S 2015 GXG REGULAR-SEASON STATISTICS (RAMS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/13	Seahawks								INACTIVE									W	34-31+
09/20	at Washington								INACTIVE									L	10-24
09/27	Steelers								INACTIVE									L	6-12
10/04	at Cardinals								ON INACTIVE LIST									W	24-22
10/11	at Packers								INACTIVE									L	10-24
10/25	Browns								INACTIVE									W	24-6
11/01	49ers								INACTIVE									W	27-6
11/08	at Vikings								INACTIVE									L	18-21+
11/15	Bears								INACTIVE									L	13-37
11/22	at Ravens								INACTIVE									L	13-16
11/29	at Bengals	P	7	6	31	85.7	4.4	5.2	0	0	11	0/0	85.1	0	0	0	0	L	7-31
12/06	Cardinals								INACTIVE									L	3-27
12/13	Lions								INACTIVE									W	21-14
12/17	Buccaneers								ON INACTIVE LIST									W	31-23
12/27	at Seahawks								INACTIVE									W	23-17
01/03	at 49ers								INACTIVE									L	16-19+
2015 TOTALS		**1-0**	**7**	**6**	**31**	**85.7**	**4.4**	**5.2**	**0**	**0**	**11**	**0/0**	**85.1**	**0**	**0**	**0**	**0**	**7-9**	

+ - Overtime

95 | DEFENSIVE END

BENSON MAYOWA

Height: 6-3 **Weight:** 252
College: Idaho
Seasons: NFL : 9th, Seahawks 3rd
Born: August 3, 1991
Hometown: Los Angeles, Calif.
Pronunciation: may-OH-uh

TRANSACTIONS:

05/13/13: Signed by Seattle as a UDFA
08/30/14: Released by Seattle
08/31/14: Claimed off waivers by Oakland
03/24/16: Signed by Dallas as a RFA
03/07/18: Released by Dallas
04/23/18: Signed by Arizona as a FA
04/16/19: Signed by Oakland as a UFA
04/06/20: Signed by Seattle as a UFA
03/26/21: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• In 2020, had 6.0 sacks, seven tackles for loss, nine quarterback hits, two forced fumbles and one fumble recovery in 13 games, nine of them starts. After missing three games in the middle of the season due to injury, he recorded four of his six sacks in the final six games of the season. Sack total ranked third on the team behind Jamal Adams (9.5) and Jarran Reed (6.5). Helped Seattle record 46 sacks, which ranked seventh in the league, and was a big improvement from 2019 when Seattle had just 28, tied for second fewest.

• Returned to Seattle in 2020 after being active for only two games as a rookie in 2013 thanks to a deep defensive end rotation that included the likes of Cliff Avril, Michael Bennett, Chris Clemons and Red Bryant.

• Has been a regular contributor for multiple teams in his first seven seasons (2013-19), appearing in at least 12 games every year since his rookie year while playing for the Raiders, Cowboys, Cardinals, and Raiders again in 2019.

• During his second stint with the Raiders, Mayowa recorded a career-high 7.0 sacks, as well as 10 quarterback hits and three forced fumbles.

COLLEGE: Played in 46 career games at Idaho, totaling 67 tackles (47 solo), 11 sacks, 11 forced fumbles and three fumble recoveries during his four-year career. As a senior in 2012, started a career-high eight of his 11 games played. Tallied 22 tackles (13), three sacks, three forced fumbles and one pass defensed. As a junior in 2011, played in 10 games with six starts. Finished the season with 17 tackles, including 4.5 tackles for loss, three sacks and two forced fumbles. As a sophomore in 2010, played in all 13 games and posted a career-high 25 tackles, 6.5 tackles for loss, four sacks, two passes defensed, three forced fumbles and a fumble recovery. Played in 12 games as a true freshman. Helped the Vandals win the Humanitarian Bowl with two tackles for loss and a sack.

PERSONAL: Attended Inglewood High. Was a first-team all-league choice and a second-team All-California Interscholastic Federation selection. As a senior in 2008, posted 11 sacks and 75 tackles. Father, David, moved to U.S. from Nigeria in the mid-1970s and worked until he could afford to move his wife, Eunice, to the States.

BENSON MAYOWA'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2013	Seahawks	2	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	Raiders	16	1	12	7	5	3	8	1.0	2.0	2	0	0	0	0	1	0	0	0	2	2	0	0	0
2015	Raiders	12	2	16	14	2	4	12	1.0	3.0	4	0	0	0	0	0	1	2	40	0	0	0	0	0
2016	Cowboys	13	6	25	15	10	8	31	6.0	43.0	9	0	0	0	0	0	1	1	0	0	0	0	0	0
2017	Cowboys	14	2	21	9	12	3	11	1.0	7.0	14	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Cardinals	15	4	38	31	7	11	42	4.0	35.0	11	0	0	0	0	4	1	1	0	0	0	0	0	0
2019	Raiders	15	0	15	10	5	5	39	7.0	51.5	10	0	0	0	0	0	3	0	0	0	0	0	0	0
2020	Seahawks	13	9	24	19	5	7	37	6.0	40.0	9	0	0	0	0	3	2	1	13	0	0	0	0	0
NFL TOTALS		**100**	**24**	**153**	**106**	**47**	**41**	**180**	**26.0**	**181.5**	**59**	**0**	**0**	**0**	**0**	**8**	**8**	**5**	**53**	**2**	**2**	**0**	**0**	**0**

BENSON MAYOWA'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2013	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Cowboys	1	1	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**1**	**3**	**2**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BENSON MAYOWA'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 7 at Los Angeles Rams, Sep 16, 2018
Sacks 2.0 at San Francisco 49ers, Jan 03, 2021
...2 more at 2.0.
Passes Defensed 2 at Minnesota Vikings, Oct 14, 2018
Forced Fumbles 1 at San Francisco 49ers, Jan 03, 2021
...7 more at 1.
Fumble Recoveries 1 vs. Dallas Cowboys, Sep 27, 2020
...4 more at 1.
Tackles For Loss 4 at Los Angeles Rams, Sep 16, 2018
Safeties 1 at Denver Broncos, Dec 13, 2015
Special Teams Tackles 1 at Denver Broncos, Dec 28, 2014
...1 more at 1.

10 | QUARTERBACK

ALEX McGOUGH

Height: 6-3	Weight: 214
College:	Florida International
Seasons:	NFL : 4th, Seahawks 3rd
Born:	November 19, 1995
Hometown:	Tampa, Fla.

TRANSACTIONS:

04/28/18: Drafted by Seattle (7th round, 220th overall)
09/01/18: Released by Seattle
09/03/18: Signed to Seattle's PS
01/14/19: PS Contract Expired
01/15/19: Signed Future Contract with Jacksonville
08/31/19: Released by Jacksonville
09/01/19: Signed to Houston's PS
09/10/19: Signed to Houston's active roster
10/16/19: Released by Houston
10/19/19: Signed to Houston's PS
08/31/20: Released by Houston
09/14/20: Signed to Houston's PS
10/12/20: Released by Houston
12/09/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• In 2019, spent Week 1 and Weeks 7-17 as a member of the Texans practice squad. Was promoted to the active roster prior to Week 2 but was inactive for Weeks 2-6.

• Spent his rookie season on Seattle's practice squad.

COLLEGE: Played four seasons (2014-17) at Florida International University in Miami, where he finished his college career at the top of the Panthers' record books. Completed 807 passes for 9,091 yards and 65 touchdowns, while rushing for 16 touchdowns over his collegiate career, setting program records in each category. As a senior in 2017, completed 232-of-355 passes (65.4percent) for 2,798 yards and 17 touchdowns, while rushing for 231 yards and five touchdowns. In 2017, among quarterbacks in Conference-USA, ranked in the top five in every passing statistical category, including completions (4th), completion percentage (3rd), passing yards (5th), passing touchdowns (4th), total yards (5th), passing yards per attempt (3rd) and passer rating (3rd).

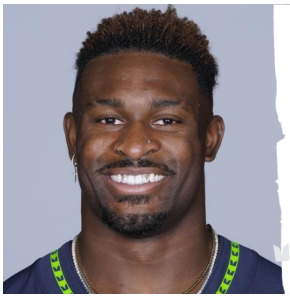
PERSONAL: Played his high school football at Gaither High, where he tallied 1,258 passing yards and eight touchdowns during his senior campaign in 2013. Completed 112 passes during his junior year for 1,727 yards and 22 touchdowns. Brother, Shane, played offensive line at Florida International. Majored in liberal studies.

ALEX MCGOUGH'S NFL REGULAR SEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2018	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2019	Texans	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2020	Texans	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**

ALEX MCGOUGH'S NFL POSTSEASON PASSING STATISTICS

DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE
2018	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2019	Texans	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
2020	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0
TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**



14 | WIDE RECEIVER

DK METCALF

Height: 6-4	Weight: 235
College:	Mississippi
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	December 14, 1997
Hometown:	Oxford, Miss.

PRO BOWL '20 | AP 2ND TEAM '20

TRANSACTIONS:

04/26/19: Drafted by Seattle (2nd round, 64th overall)

NFL CAREER HIGHLIGHTS:

• Started all 16 games played in 2020 and was named second-team AP All-Pro and to the Pro Bowl. Led team while setting a franchise record with 1,303 receiving yards (Steve Largent, 1,287 in 1985). Along with Tyler Lockett, became just the second set of Seahawks teammates to each have 1,000 yards in the same season (Brian Blades, Joey Galloway in 1995). Tied Lockett for team lead with 10 touchdowns. Also became the first set of receivers to post 80-plus receptions each in a season in club history and gave Seattle two receivers with 10-plus touchdowns each in a season for the second time in club history (Largent, Daryl Turner in 1984).

• Posted 10 receptions for a career-high 177 yards at Philadelphia (11/30/20). Was his fifth 100-yard game of the season, tied for second-most in franchise history.

• Finished rookie season in 2019 ranked second among all NFL rookie receivers with 58 receptions and third with 900 receiving yards - both second all-time in Seahawks single-season history by a rookie behind Joey Galloway's totals in 1995. Started 15 of 16 games played in 2019, in addition to starting both postseason games.

• In the NFC Wild Card at Philadelphia (1/5/20), led team with seven receptions for 160 yards and a 53-yard TD. Yardage total was the most-ever by a rookie in an NFL playoff game and most all time in franchise history.

• In Week 1 vs. Cincinnati, started at WR and led the team with 89 yards on four receptions. His 89 yards were the most by a Seahawks rookie WR in a debut surpassing Steve Largent's 1976 total of 86.

COLLEGE: Started 19 of 21 games played at Ole Miss, leaving school after his redshirt sophomore year. Recorded 67 receptions for 1,228 yards and 14 touchdowns during in college career. His 14 career touchdown receptions are ninth all time in program history. In 2018, started his redshirt sophomore season's first seven games before suffering a season ending neck injury at Arkansas. Hauled in 26 catches for 569 yards and five touchdowns. Prior to injury, was ranked fourth in the SEC with five receiving TDs and third in the conference in receiving yards. SEC All Freshman in 2017. Caught 39 passes for 646 yards and seven TDs in 2017. Ranked seventh in the SEC with seven TD receptions.

PERSONAL: Attended Oxford High and was a U.S. Army and MaxPreps All America selection. A consensus 4 star prospect by the major recruiting services and listed as the No. 70 overall recruit and the fifth best in Mississippi by Rivals.com. Ranked as the 14th best wide receiver recruit in the nation by Rivals.com, No. 18 by Scout.com and No. 19 by 247Sports.com. Full name is DeKaylin Zecharius Metcalf. Father, Terrence, was an NFL and Ole Miss All America offensive lineman. Majored in hospitality management major.

DK METCALF'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	16	15	58	900	15.5	54	7	2	11	5.5	7	0
2020	Seahawks	16	16	83	1,303	15.7	62	10	0	0	0.0	0	0
NFL TOTALS		**32**	**31**	**141**	**2,203**	**15.6**	**62**	**17**	**2**	**11**	**5.5**	**7**	**0**

DK METCALF'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	2	2	11	219	19.9	53t	1	0	0	0.0	0	0
2020	Seahawks	1	1	5	96	19.2	51t	2	0	0	0.0	0	0
NFL TOTALS		**3**	**3**	**16**	**315**	**19.7**	**53T**	**3**	**0**	**0**	**0.0**	**0**	**0**

DK METCALF'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	1 vs. Tampa Bay Buccaneers, Nov 03, 2019 ...1 more at 1.	**Receiving TDs**	2 vs. San Francisco 49ers, Nov 01, 2020 ...2 more at 2.
Rushing Yards	7 vs. Tampa Bay Buccaneers, Nov 03, 2019	**All-Purpose Yards**	177 at Philadelphia Eagles, Nov 30, 2020
Longest Runs	7 vs. Tampa Bay Buccaneers, Nov 03, 2019	**Miscellaneous Tackles**	2 at Arizona Cardinals, Oct 25, 2020
Receptions	12 vs. San Francisco 49ers, Nov 01, 2020	**Most TDs**	2 vs. San Francisco 49ers, Nov 01, 2020 ...2 more at 2.
Receiving Yards	177 at Philadelphia Eagles, Nov 30, 2020		
Longest Receptions	62 vs. Dallas Cowboys, Sep 27, 2020	**Receiving Average**	27.5 vs. Dallas Cowboys, Sep 27, 2020

DK METCALF'S 100-YARD RECEIVING GAMES (6): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
11/30/20	at Eagles	10	177	17.7	52	0
11/01/20	49ERS	12	161	13.4	46t	2
11/03/19	BUCCANEERS	6	123	20.5	53t	1
09/27/20	COWBOYS	4	110	27.5	62	1
11/08/20	at Bills	7	108	15.4	41	1
10/04/20	at Dolphins	4	106	26.5	37	0

DK METCALF'S 100-YARD RECEIVING GAMES (1): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/05/20	at Eagles	7	160	22.9	53t	1

DK METCALF'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/13	at Falcons	S	4	95	23.8	38t	1	0	0	0.0	0	0	W	38-25
09/20	Patriots	S	4	92	23.0	54t	1	0	0	0.0	0	0	W	35-30
09/27	Cowboys	S	4	110	27.5	62	1	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	S	4	106	26.5	37	0	0	0	0.0	0	0	W	31-23
10/11	Vikings	S	6	93	15.5	39	2	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	S	2	23	11.5	17	0	0	0	0.0	0	0	L	34-37+
11/01	49ers	S	12	161	13.4	46t	2	0	0	0.0	0	0	W	37-27
11/08	at Bills	S	7	108	15.4	41	1	0	0	0.0	0	0	L	34-44
11/15	at Rams	S	2	28	14.0	19	0	0	0	0.0	0	0	L	16-23
11/19	Cardinals	S	3	46	15.3	25t	1	0	0	0.0	0	0	W	28-21
11/30	at Eagles	S	10	177	17.7	52	0	0	0	0.0	0	0	W	23-17
12/06	Giants	S	5	80	16.0	21	0	0	0	0.0	0	0	L	12-17
12/13	Jets	S	6	61	10.2	19	1	0	0	0.0	0	0	W	40-3
12/20	at Washington	S	5	43	8.6	15	0	0	0	0.0	0	0	W	20-15
12/27	Rams	S	6	59	9.8	17	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	S	3	21	7.0	12	0	0	0	0.0	0	0	W	26-23
2020 TOTALS		**16-16**	**83**	**1,303**	**15.7**	**62**	**10**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

DK METCALF'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	OPPONENT	P/S	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD	W/L	SCORE
09/08	Bengals	S	4	89	22.3	42	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	S	3	61	20.3	28t	1	0	0	0.0	0	0	W	28-26
09/22	Saints	S	2	67	33.5	54	0	0	0	0.0	0	0	L	27-33
09/29	at Cardinals	S	1	6	6.0	6	0	0	0	0.0	0	0	W	27-10
10/03	Rams	P	2	44	22.0	40t	1	0	0	0.0	0	0	W	30-29
10/13	at Browns	S	4	69	17.3	30	0	1	4	4.0	4	0	W	32-28
10/20	Ravens	S	4	53	13.3	37	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	S	3	13	4.3	7	2	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	S	6	123	20.5	53t	1	1	7	7.0	7	0	W	40-34+
11/11	at 49ers	S	6	70	11.7	25	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	S	3	35	11.7	17	0	0	0	0.0	0	0	W	17-9
12/02	Vikings	S	6	75	12.5	20	0	0	0	0.0	0	0	W	37-30
12/08	at Rams	S	6	78	13.0	35	0	0	0	0.0	0	0	L	12-28
12/15	at Panthers	S	2	36	18.0	19t	1	0	0	0.0	0	0	W	30-24
12/22	Cardinals	S	0	0	0.0	0	0	0	0	0.0	0	0	L	13-27
12/29	49ers	S	6	81	13.5	24	1	0	0	0.0	0	0	L	21-26
2019 TOTALS		**16-15**	**58**	**900**	**15.5**	**54**	**7**	**2**	**11**	**5.5**	**7**	**0**	**11-5**	

+ - Overtime

47 | CORNERBACK

JORDAN MILLER

Height: 6-2 **Weight:** 190
College: Washington
Seasons: NFL : 3rd, Seahawks 2nd
Born: February 8, 1997
Hometown: Oceanside, Calif.

TRANSACTIONS:

04/27/19: Drafted by Atlanta (5th round, 172nd overall)
12/26/19: Suspended by Commissioner - Less than One Year
12/30/19: Suspension Lifted by Commissioner
09/05/20: Suspended by Commissioner - Less than One Year
09/28/20: Suspension Lifted by Commissioner
11/07/20: Placed on IR (oblique)
12/02/20: Returned to Practice
12/22/20: Released by Atlanta
01/06/21: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Played in 11 games for Atlanta (2019-20), totaling four tackles and one tackle on special teams.

COLLEGE: Spent four seasons at Washington, playing in 46 games. Started all 12 of the games he played his senior year and was an honorable mention All-Pac-12 performer. In 2017, started the first seven games before suffering a season-ending injury at Arizona State.

PERSONAL: Was a PrepStar all-region selection and first-team All-CIF San Diego Section in 2014. Ranked as the No. 76 prospect in California, the No. 88 cornerback in the nation by scout.com and rated the nation's No. 86 corner by ESPN. Also participated in track and field at Oceanside, winning the CIF San Diego Section 100-meter championship with a time of 10.80 and the triple jump with a leap of 48”4’. Also took second place in the 4x100 and third in the long jump at the San Diego Section meet.

JORDAN MILLER'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2019	Falcons	10	0	4	3	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	1	0	0
2020	Falcons	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0
NFL TOTALS		**11**	**0**	**4**	**3**	**1**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**1**	**1**	**0**	**0**	**1**	**0**	**0**

JORDAN MILLER'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JORDAN MILLER'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 2 vs. Carolina Panthers, Dec 08, 2019
Special Teams Tackles 1 at Green Bay Packers, Oct 05, 2020
Special Teams Fumble Recoveries 1 at Houston Texans, Oct 06, 2019

30 | CORNERBACK

BRYAN MILLS

Height: 6-1 **Weight:** 174
College: North Carolina Central
Season: Rookie
Born: April 3, 1999
Hometown: Palmdale, Calif.

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

During his only season on the gridiron at North Carolina Central, he opted out of the 2020 season, Mills was voted as a 2019 first-team All-MEAC honoree and selected to the AFCA Football Championship Subdivision (FCS) Coaches' All-America Team and BOXTOROW All-America Team. He finished the season leading the conference with five interceptions and was also second in the MEAC with 13 passes defensed while adding 22 tackles. Also during his junior season, Mills tied the NCCU record for interceptions in a game with three. Transferred from College of the Canyons (Santa Clarita, Calif.) where he played in eight games and helped the Cougars to a 10-0 regular season record and the 2018 Southern California Football Association (SCFA) National Division, Northern League championship. Prepped at Quartz Hill High School in Palmdale, Calif.

90 | DEFENSIVE TACKLE

BRYAN MONE

Height: 6-3 **Weight:** 345
College: Michigan
Seasons: NFL : 3rd, Seahawks 3rd
Born: October 20, 1995
Hometown: Salt Lake City, Utah
Pronunciation: moe-NAY

TRANSACTIONS:

05/03/19: Signed with Seattle as a UDFA
09/26/19: Released by Seattle
09/28/19: Signed to Seattle's PS
10/23/19: Released from Seattle's PS
11/05/19: Signed to Seattle's PS
12/21/19: Signed to Seattle's 53-man roster
03/18/19: Signed with Seattle as exclusive rights FA
11/14/20: Placed on IR (ankle)
12/05/20: Placed on COVID-19 list
12/26/20: Activated from IR
04/19/21: Signed ERFA tender

NFL CAREER HIGHLIGHTS:

• In 2020, played in 10 games, missing six (ankle), during his second season with the Seahawks.

• Spent majority of rookie season on Seattle's practice squad but also played in four games and one postseason game.

COLLEGE: Played in 48 career games with 19 starts, contributing 43 tackles, 5.0 tackles for loss, two pass breakups and two fumble recoveries during his career. Missed the 2015 season after suffering leg injury during fall camp. His final season, was an All-Big Ten honorable mention selected by the coaches after playing in all 13 games and starting 11 contests at defensive tackle. He registered 13 tackles, 1.5 tackles for loss and assisted on a sack.

PERSONAL: Attended Highland High School and totaled 144 tackles, 19 tackles for loss and 6.0 sacks during career. Registered 35 tackles (all solo) and 6.0 tackles for loss as a senior and participated in the 2014 Under Armour All-America Game.

BRYAN MONE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	4	0	4	0	4	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	10	0	9	3	6	1	1	0.5	1.5	2	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**14**	**0**	**13**	**3**	**10**	**1**	**1**	**0.5**	**1.5**	**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BRYAN MONE'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2019	Seahawks	1	0	2	0	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	1	0	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**2**	**0**	**3**	**0**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

BRYAN MONE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 vs. Cincinnati Bengals, Sep 08, 2019	**Tackles For Loss**	1 vs. Dallas Cowboys, Sep 27, 2020
Sacks	0.5 at Miami Dolphins, Oct 04, 2020	**Safeties**	1 vs. Dallas Cowboys, Sep 27, 2020

37 | STRONG SAFETY

JOSH MOON

Height: 5-10 **Weight:** 205
College: Georgia Southern
Seasons: NFL : 1st, Seahawks 1st
Born: May 18, 1997
Hometown: Fairburn, Ga.

TRANSACTIONS:

05/13/19: Signed by Jacksonville as a UDFA
08/31/19: Released by Jacksonville
05/13/21: Signed by Seattle as a FA

Played in 38 games (30 starts) at Georgia Southern and totaled 192 tackes (116 solo), 11 passes defensed, five interceptions, two forced fumbles and one fumble recovery. Started all 12 games in 2018 and posted a team-high 71 tackles and one interception (returned for 34 yards). Finished third on the team in tackles (47) in 2017. Played in 11 games in 2016 and posted 72 tackles. Played in five games as a freshman in 2015 and saw action mainly on special teams. Attended Creekside High and was part of the Seminoles' 2013 GHSAA State Championship team. Father, Erick, played football at Alcorn State.

5 | KICKER
JASON MYERS

Height: 5-10 **Weight:** 190
College: Marist
Seasons: NFL : 7th, Seahawks 3rd
Born: May 12, 1991
Hometown: Chula Vista, Calif.

PRO BOWL '18

TRANSACTIONS:

03/03/15: Signed with Jacksonville as a UDFA
10/17/17: Released by Jacksonville
01/03/18: Signed by Seattle as a FA
08/20/18: Released by Seattle
08/21/18: Claimed off waivers by N.Y. Jets
03/13/19: Signed by Seattle as UFA

NFL CAREER HIGHLIGHTS:

• Ended the 2020 season connecting on a club-record 35 consecutive field goals dating back to 2019, converting all 24 in 2020. Connected on a career-long and franchise-record 61-yard field goal at the L.A. Rams (11/15/20). His 90.4% field goal rate (47 for 52) ranks first in franchise history.

• Named to the Pro Bowl after his lone season with the N.Y. Jets in 2018, making 33 of 36 field-goal attempts, including six of seven from 50-plus yards, including an NFL record five makes of 55-plus yards, and 30 of 33 extra points.

• Played in 38 games for the Jaguars from 2015-17, converting 64 of 79 field goals (81%) with a long of 58 and made 76 of 88 PATs.

• Spent time with Arizona and San Jose of the Arena Football League in 2014.

COLLEGE: Four-year letterman (2009-12) who also served as team's punter as a senior. As a senior, made 5 of 10 field goals in final season with a long of 40 yards and averaged 39.0 yards on 56 punts with 16 downed inside the 20.

PERSONAL: Attended Mater Dei Catholic High. Four-year letterman in football and soccer and also played baseball. Named Mesa Kicker of the Year as a senior and named South Bay Kicker of the Year as a junior. Played on the state championship soccer team as a senior and was named San Diego Division IV CIF Player of the Year. Married to wife, Katie, with one daughter.

JASON MYERS' NFL REGULAR SEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2015	Jaguars	16	26	30	86.7	58	32	39	82.1	1	110
2016	Jaguars	16	27	34	79.4	56	29	32	90.6	2	110
2017	Jaguars	6	11	15	73.3	47	15	17	88.2	0	48
2018	Jets	16	33	36	91.7	56	30	33	90.9	0	129
2019	Seahawks	16	23	28	82.1	54	40	44	90.9	0	109
2020	Seahawks	16	24	24	100.0	61	49	53	92.5	0	121
NFL TOTALS		**86**	**144**	**167**	**86.2**	**61**	**195**	**218**	**89.4**	**3**	**627**

JASON MYERS' NFL POSTSEASON KICKING STATISTICS

DATE	TEAM	GP	FGM	FGA	PCT.	LG	XP	XPA	PCT.	BLK	PTS
2017	Jaguars	0	0	0	0.0	0	0	0	0.0	0	0
2019	Seahawks	2	2	4	50.0	49	4	4	100.0	1	10
2020	Seahawks	1	2	2	100.0	52	2	2	100.0	0	8
NFL TOTALS		**3**	**4**	**6**	**66.7**	**52**	**6**	**6**	**100.0**	**1**	**18**

JASON MYERS' NFL REGULAR SEASON FIELD-GOAL ACCURACY STATISTICS

DATE	TEAM	1-19	PCT.	20-29	PCT.	30-39	PCT.	40-49	PCT.	50+	PCT.
2015	Jaguars	0-0	0.0	9-10	90.0	8-8	100.0	6-8	75.0	3-4	75.0
2016	Jaguars	0-0	0.0	7-7	100.0	3-4	75.0	10-11	90.9	7-12	58.3
2017	Jaguars	0-0	0.0	4-4	100.0	2-3	66.7	5-5	100.0	0-3	0.0
2018	Jets	0-0	0.0	4-4	100.0	13-14	92.9	10-11	90.9	6-7	85.7
2019	Seahawks	0-0	0.0	6-6	100.0	11-11	100.0	4-7	57.1	2-4	50.0
2020	Seahawks	0-0	0.0	2-2	100.0	7-7	100.0	13-13	100.0	2-2	100.0
NFL TOTALS		**0-0**	**0.0**	**32-33**	**97.0**	**44-47**	**93.6**	**48-55**	**87.3**	**20-32**	**62.5**

JASON MYERS' NFL POSTSEASON FIELD-GOAL ACCURACY STATISTICS

DATE	TEAM	1-19	PCT.	20-29	PCT.	30-39	PCT.	40-49	PCT.	50+	PCT.
2017	Jaguars	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0
2019	Seahawks	0-0	0.0	0-0	0.0	0-1	0.0	2-2	100.0	0-1	0.0
2020	Seahawks	0-0	0.0	0-0	0.0	0-0	0.0	0-0	0.0	2-2	100.0
NFL TOTALS		**0-0**	**0.0**	**0-0**	**0.0**	**0-1**	**0.0**	**2-2**	**100.0**	**2-3**	**66.7**

ADDITIONAL STATS

Special Teams Tackles: 2019 (2), 2020 (2); Career: 4

JASON MYERS' SINGLE-GAME HIGHS: KICKER

Field Goals Made	7 vs. Indianapolis Colts, Oct 14, 2018
Field Goal Attempts	7 vs. Indianapolis Colts, Oct 14, 2018
Longest Field Goals Made	61 at Los Angeles Rams, Nov 15, 2020
PATs Made	6 at Detroit Lions, Sep 10, 2018
	...1 more at 6.
PAT Attempts	7 vs. Indianapolis Colts, Dec 13, 2015
Points	24 vs. Indianapolis Colts, Oct 14, 2018
Special Teams Tackles	1 vs. Los Angeles Rams, Dec 27, 2020
	...7 more at 1.
Kickoff Average	68.0 vs. Miami Dolphins, Sep 20, 2015
Extra Point Attempt Percentage	100.0 vs. New England Patriots, Sep 20, 2020
	...4 more at 100.0.
Field Goal Percentage	100.0 at Tennessee Titans, Dec 02, 2018
	...4 more at 100.0.

26 | STRONG SAFETY

RYAN NEAL

Height: 6-3	**Weight: 200**
College:	**Southern Illinois**
Seasons:	**NFL : 3rd, Seahawks 2nd**
Born:	**December 24, 1995**
Hometown:	**Merrillville, IN**

2020 SEASON:

09/27 vs. Dal: Elevated from the practice squad and ended up playing the fourth quarter in place of Jamal Adams (groin). Had two tackles and sealed the game with an interception in the end zone.

10/04 at Mia: Had a career-high six tackles, an interception in second-consecutive game and two passes defensed.

12/6 vs. NYG: Saw action at safety in dime packages and had a pass defensed that led to a Quandre Diggs interception. Also blocked a punt that resulted in a safety giving Seattle a 5-0 halftime lead. Left game with a hip injury and did not return.

12/13 vs. NYJ: Inactive (hip).

TRANSACTIONS:

05/11/18: Signed by Philadelphia as a UDFA
08/05/18: Released by Philadelphia
08/11/18: Signed by Atlanta as a FA
09/01/18: Released by Atlanta
09/02/18: Signed to Atlanta's PS
11/28/18: Signed to Atlanta's active roster
08/31/19: Released by Atlanta
09/03/19: Signed to Seattle's PS
12/11/19: Signed to Seattle's active roster
04/20/20: Re-signed by Seattle
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS
09/26/20: Gameday activation
09/28/20: Reverted to Seattle's PS
09/30/20: Signed to Seattle's active roster

NFL CAREER HIGHLIGHTS:

- Played in two games with Seattle in 2019.
- Appeared in one game in 2018 with the Atlanta Falcons, making his rookie debut in Week 13 against the Green Bay Packers.
- Originally entered the league as an undrafted free agent with the Philadelphia Eagles.

COLLEGE: Played in 45 games in college, recording 226 tackles, 24 passes defensed, and five interceptions.

PERSONAL: Attended Merrillville High and named to AP 6A all-state team and Indiana Football Coaches Association all-state top 25 as a senior. Was a two-time IFCA All-State top 50 selection and a two-time all-conference and all-area selection. Was also named the top defensive back in the state in 2013 by the Indianapolis Star. His brother, Mike, played six seasons for the Green Bay Packers and won Super Bowl XLV. Attended the same high school as San Antonio Spurs head coach Gregg Popovich. Majored in sports administration.

RYAN NEAL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

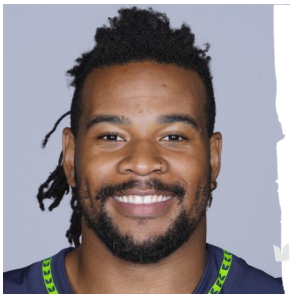
				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2018	Falcons	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	1	0	0	0	0	0
2020	Seahawks	13	4	36	29	7	3	12	0.0	0.0	0	2	1	1	0	5	0	0	0	8	4	4	0	0	0	0
NFL TOTALS		**17**	**4**	**36**	**29**	**7**	**3**	**12**	**0.0**	**0.0**	**0**	**2**	**1**	**1**	**0**	**5**	**0**	**0**	**0**	**9**	**5**	**4**	**0**	**0**	**0**	**0**

RYAN NEAL'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2019	Seahawks	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**3**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

RYAN NEAL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	9 at Arizona Cardinals, Oct 25, 2020
Passes Defensed	2 at Miami Dolphins, Oct 04, 2020
Tackles For Loss	2 vs. Minnesota Vikings, Oct 11, 2020
Interceptions	1 at Miami Dolphins, Oct 04, 2020
	...1 more at 1.
Interception Return Yards	1 at Miami Dolphins, Oct 04, 2020
Safeties	1 vs. New York Giants, Dec 06, 2020
Special Teams Tackles	3 vs. Arizona Cardinals, Nov 19, 2020



92 | DEFENSIVE TACKLE

ROBERT NKEMDICHE

Height: 6-4	**Weight: 296**
College:	**Mississippi**
Seasons:	**NFL : 5th, Seahawks 1st**
Born:	**September 19, 1994**
Hometown:	**Loganville, Ga.**
Pronunciation:	**kim-DEE-chee**

TRANSACTIONS:

04/28/16: Drafted by Arizona (1st round, 29th overall)
12/11/18: Placed on IR (knee)
07/28/19: Waived/failed physical
08/08/19: Signed with Miami as a FA
08/31/19: Placed on PUP
10/28/19: Activated from PUP
11/06/19: Released by Miami
11/13/19: Suspended by Comissioner
11/26/19: Suspension Lifted by Commissioner
04/29/21: Signed by Seattle as a FA

NFL CAREER HIGHLIGHTS:

• Fifth-year pro has played in 29 games with six starts, recording 4.5 sacks, 51 tackles and two forced fumbles from 2016-19. He did not play in the NFL in 2020.

• Was a first-round pick out of Mississippi in the 2016 draft, going to Arizona with the 29th overall pick. Played somewhat sparingly his first two seasons, then had something of a breakout year in 2018, starting six of 10 games played before a knee injury ended his season, recording 4.5 sacks and 36 tackles.

COLLEGE: A two-time first-team All-SEC selection and a two-time second-team All-American, started 34 of the 35 games he appeared in during his three seasons with the Rebels. Declared for draft following his junior season. Recorded 98 tackles, 7.0 sacks, 19 tackles for loss and five passes defensed. Also appeared on offense, rushing nine times for 34 yards and catching one pass for 31 yards. A second-team All-America selection as a junior in 2015, a finalist for the Paul Hornung Award (nation's most versatile player) and a semifinalist for both the Rotary Lombardi Award and Chuck Bednarik Award (nation's top defensive player). First defensive lineman to be named a finalist for the Hornung Award. Started at defensive tackle in all 11 games he played and finished third on the team with seven tackles for loss while tying for third with three sacks. Scored three offensive touchdowns in 2015, two rushing touchdowns and a 31-yard receiving touchdown, and blocked a field goal on special teams. Was an All-America second-team selection as a sophomore in 2014. Started every game at defensive tackle and totaled 35 tackles with four tackles for loss, two sacks and a pass defensed. Helped Ole Miss lead the nation in scoring defense (16.0 ppg) and lead the SEC in tackles for loss (7.6 per game).

PERSONAL: The consensus no. 1 overall recruit and top defensive end in the nation coming out of Grayson High, he was a USA Today, MaxPreps and SuperPrep All-America selection as a senior. A three-time all-state selection, totaled 41 sacks in his high school career. Named the Gwinnett Daily Post County Defensive Player of the Year as a senior after recording 59 tackles, 12 tackles for loss and seven sacks to help Grayson win the Region 8-6A championship. Also rushed for 235 yards and 10 touchdowns on offense. Named the All-Class Player of the Year and Gwinnett Daily Post County Defensive Player of the Year as a junior when he led Grayson to a 15-0 record, Class 5A state title and a No. 4 national ranking by USA Today. Parents, Beverly and Sunday, are Nigerian immigrants; Sunday is a cardiologist and Beverly is a politician in Nigeria, representing the city of Onitsha in the legislature. Brother, Denzel, played linebacker and was his teammate at Mississippi. Nkemdiche enjoys playing the saxophone and bass guitar. He was invited to played saxophone in a band at Ground Zero, a club owned by actor Morgan Freeman.

ROBERT NKEMDICHE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	**TEAM**	**GP**	**GS**	**TK**	**S**	**A**	**TFL**	**YDS**	**SK**	**YDS**	**QBH**	**NO**	**YDS**	**LG**	**TD**	**PD**	**FF**	**FR**	**YDS**	**TK**	**S**	**A**	**FF**	**FR**	**S**	**A**
2016	Cardinals	5	0	3	1	2	0	0	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2017	Cardinals	12	0	12	7	5	3	2	0.0	0.0	2	0	0	0	0	0	1	1	21	0	0	0	0	0	0	0
2018	Cardinals	10	6	36	23	13	12	32	4.5	20.0	8	0	0	0	0	1	1	0	0	0	0	0	0	0	0	0
2019	Dolphins	2	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**29**	**6**	**51**	**31**	**20**	**15**	**34**	**4.5**	**20.0**	**11**	**0**	**0**	**0**	**0**	**2**	**2**	**1**	**21**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ROBERT NKEMDICHE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	8 at Los Angeles Chargers, Nov 25, 2018	**Forced Fumbles**	1 vs. Chicago Bears, Sep 23, 2018
Sacks	2.5 at Los Angeles Chargers, Nov 25, 2018		...1 more at 1.
Passes Defensed	1 vs. San Francisco 49ers, Oct 28, 2018	**Fumble Recoveries**	1 vs. New York Giants, Dec 24, 2017
	...1 more at 1.	**Tackles For Loss**	5 at Los Angeles Chargers, Nov 25, 2018

70 | TACKLE

CEDRIC OGBUEHI

Height: 6-5	Weight: 308
College:	Texas A&M
Seasons:	NFL : 7th, Seahawks 2nd
Born:	April 25, 1992
Hometown:	Allen, Texas
Pronunciation:	oh-BWAY-hee

TRANSACTIONS:

04/30/15: Drafted by Cincinnati (1st round, 21st overall)
09/01/15: Placed on non-football injury (knee)
11/27/15: Activated from NFI
12/30/16: Placed on IR (shoulder)
03/16/19: Signed by Jacksonville as a UFA
03/23/20: Signed by Seattle as a UFA
03/26/21: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• In his first season in Seattle, played in eight games with four starts at right tackle in place of Brandon Shell (ankle, COVID-19 list).

• The 21st overall pick in the 2015 draft out of Texas A&M, started 25 games at both left and right tackles between the 2016 and 2017 seasons, then spent two seasons (2018-19) as a reserve lineman, spending 2019 in Jacksonville.

• Has started 29 of 57 career games played after beginning his NFL career on injured reserve while rehabbing a college knee injury.

COLLEGE: Played four seasons (2011-14) at Texas A&M, seeing action in 47 contests and starting 43 games during that time. In the 2014 Liberty Bowl, his final college game, he finished the game despite suffering a third-quarter knee injury that later was diagnosed as an ACL tear. Played both guard and tackle during career, in which Aggies went 35-17 with 4-0 record in bowl games. As a senior, provided protection for passing attack that led the SEC in passing yards and touchdowns, and ranked fifth nationally in scoring and total offense. Named first-team All-America by the Walter Camp Foundation.

PERSONAL: Attended Allen High, where as a senior he earned second-team all-state honors and played in the U.S. Army All-American Bowl. Associated Press first-team all-state selection as a junior. Earned bachelor's degree from Texas A&M in recreation, parks & tourism science.

CEDRIC OGBUEHI'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2015	Bengals	5	0
2016	Bengals	14	12
2017	Bengals	14	13
2018	Bengals	2	0
2019	Jaguars	14	0
2020	Seahawks	8	4
NFL TOTALS		**57**	**29**

CEDRIC OGBUEHI'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2015	Bengals	1	0
2020	Seahawks	1	0
NFL TOTALS		**2**	**0**

69 | LONG SNAPPER

TYLER OTT

Height: 6-3	Weight: 253
College:	Harvard
Seasons:	NFL : 7th, Seahawks 6th
Born:	February 28, 1992
Hometown:	Tulsa, Okla.

PRO BOWL '20

TRANSACTIONS:

05/16/14: Signed with NE as a UDFA
08/18/14: Released by New England
03/04/15: Signed by New England
05/05/15: Released by New England
05/11/15: Signed by St. Louis
08/31/15: Released by St. Louis
12/31/15: Signed by N.Y. Giants
08/29/16: Released by N.Y. Giants
10/18/16: Signed to N.Y. Giants PS
10/25/16: Released from N.Y. Giants PS
11/22/16: Signed to Cincinnati PS
11/26/16: Signed to Cincinnati's active roster
12/20/16: Released by Cincinnati
01/03/17: Signed by Seattle as FA

NFL CAREER HIGHLIGHTS:

- Served as Seattle's long snapper since 2017.
- Snapped both postseason games for Seattle in 2016 after Nolan Frese was placed on injured reserve (ankle).

COLLEGE: Spent three seasons as Harvard's long snapper. Also played tight end, where he had 15 catches for 188 yards and four touchdowns as a senior.

PERSONAL: Lettered in football, basketball and track & field at Jenks High in Oklahoma. Three-year captain in football and senior captain in basketball. All-state and all-district tight end of the year as a senior. Academic all-conference in basketball. Played in three state championship games, winning one. Member of the National Honor Society. His grandfather, Ronnie Hartline, played football at Oklahoma from 1958-60 and was drafted by the Detroit Lions in 1961. Majored in economics.

TYLER OTT'S NFL REGULAR SEASON SPECIAL TEAMS STATISTICS

DATE	TEAM	GP	GS	TK	S	A	FF	FR
2015	Giants	1	0	0	0	0	0	0
2016	Bengals	3	0	0	0	0	0	0
2017	Seahawks	16	0	3	3	0	0	0
2018	Seahawks	16	0	1	0	1	0	0
2019	Seahawks	16	0	0	0	0	0	0
2020	Seahawks	16	0	0	0	0	0	0
NFL TOTALS		**68**	**0**	**4**	**3**	**1**	**0**	**0**

TYLER OTT'S NFL POSTSEASON SPECIAL TEAMS STATISTICS

DATE	TEAM	GP	GS	TK	S	A	FF	FR
2016	Seahawks	2	0	0	0	0	0	0
2018	Seahawks	1	0	0	0	0	0	0
2019	Seahawks	2	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0
NFL TOTALS		**6**	**0**	**0**	**0**	**0**	**0**	**0**

20 | RUNNING BACK

RASHAAD PENNY

Height: 5-11	Weight: 220
College:	San Diego State
Seasons:	NFL : 4th, Seahawks 4th
Born:	February 2, 1996
Hometown:	Norwalk, Calif.

TRANSACTIONS:

04/26/18: Drafted by Seattle (1st round, 27th overall)
12/14/19: Placed on IR (knee)
09/05/20: Placed on PUP (knee)
12/19/20: Activated from PUP

NFL CAREER HIGHLIGHTS:

• Spent 13 weeks on the physically unable to perform list and made his return from a torn ACL at Washington (12/20/20). Saw action in three games and was inactive for the wild card game vs. the L.A. Rams.

• Was unable to finish his 2019 season after a knee injury in Week 14 landed him on injured reserve. Had 65 rushes for 370 yards (5.7 avg.) and three touchdowns on the season, in addition to a receiving touchdown.

• Scored a career-long 58-yard TD run in Week 12 of 2019 at Philadelphia, when he also rushed for a career-long 129 yards on 14 carries (9.2 avg.).

• Finished third on the team in rushing his rookie season with 85 attempts for 419 yards and one 100-yard rushing game.

COLLEGE: Did not miss a game at San Diego State, playing in all 54 games with 18 starts. For his career, recorded 3,656 yards rushing on 488 carries (7.5 avg.) and 38 rushing TDs, in addition to 479 receiving yards and 6 receiving TDs. Finished his career tied for the most career kick return touchdowns (7) and return (KR/PR) touchdowns (8) in NCAA FBS history. Four of his seven kick return touchdowns went for 100 yards which was just one shy of tying a NCAA FBS record. Averaged 7.49 yards per carry, the third-best mark in NCAA FBS play since 1996 (min. 400 att.).

PERSONAL: A three-time letter-winner at Norwalk High School in Norwalk, Calif. Rushed for 2,504 yards and 41 touchdowns on 216 carries as a senior. Also caught 21 passes for 665 yards and 10 touchdowns. Racked up 3,416 all-purpose yards. Over his career, amassed 5,124 rushing yards on 496 carries (10.33 avg.). Scored 103 touchdowns, including 80 on the ground. Made 68 tackles on defense as a senior and 90 overall. Was named the Suburban League MVP as a senior, while earning first-team all-Suburban League honors his final three years. Named first-team all-state. Rashaad Armein Penny was born Feb. 2, 1996, in Norwalk, Calif. Son of Robert and Desiree. Majored in interdisciplinary studies.

REGULAR SEASON COMPARISON: RECEIVING - LAS VEGAS RAIDERS

DATE	OPP	W/L	GP/GS	REC	YDS.	AVG.	TD	LG	TGTS	YAC
10/14/18	SEA @ OAK	W	P	2	27	13.5	0	24	2	31
TOTALS		**1/0**	**1/0**	**2**	**27**	**13.5**	**0**	**24**	**2**	**31**

RASHAAD PENNY'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	14	0	85	419	4.9	38	2	9	75	8.3	24	0
2019	Seahawks	10	0	65	370	5.7	58t	3	8	83	10.4	30	1
2020	Seahawks	3	0	11	34	3.1	7	0	0	0	0.0	0	0
NFL TOTALS		**27**	**0**	**161**	**823**	**5.1**	**58T**	**5**	**17**	**158**	**9.3**	**30**	**1**

RASHAAD PENNY'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2018	Seahawks	1	0	4	29	7.3	28	0	0	0	0.0	0	0
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**1**	**0**	**4**	**29**	**7.3**	**28**	**0**	**0**	**0**	**0.0**	**0**	**0**

RASHAAD PENNY'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2018	Seahawks	8	140	17.5	23	0	0	0	0	0.0	0	0
2019	Seahawks	3	44	14.7	21	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**11**	**184**	**16.7**	**23**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

RASHAAD PENNY'S NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2018	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2019	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

RASHAAD PENNY'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	15 vs. Minnesota Vikings, Dec 02, 2019	**Receiving TDs**	1 vs. Minnesota Vikings, Dec 02, 2019
Rushing Yards	129 at Philadelphia Eagles, Nov 24, 2019	**All-Purpose Yards**	129 at Philadelphia Eagles, Nov 24, 2019
Longest Runs	58t at Philadelphia Eagles, Nov 24, 2019	**Kickoff Returns**	3 at Arizona Cardinals, Sep 30, 2018
Rushing TDs	1 vs. Minnesota Vikings, Dec 02, 2019	**Kickoff Return Yards**	65 at Arizona Cardinals, Sep 30, 2018
	...4 more at 1.	**Longest Kickoff Return**	23 at Arizona Cardinals, Sep 30, 2018
Receptions	4 vs. Minnesota Vikings, Dec 02, 2019		...1 more at 23.
	...1 more at 4.	**Most TDs**	2 vs. Minnesota Vikings, Dec 02, 2019
Receiving Yards	35 at Denver Broncos, Sep 09, 2018		
Longest Receptions	30 vs. Los Angeles Rams, Oct 03, 2019		

RASHAAD PENNY'S 100-YARD RUSHING GAMES (2): REGULAR SEASON

DATE	TEAM	ATT.	YDS.	AVG.	LG	TD
11/24/19	at Eagles	14	129	9.2	58t	1
11/11/18	at Rams	12	108	9.0	38	1

RASHAAD PENNY'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Falcons						RESERVED/PUP						W	38-25
09/20	Patriots						RESERVED/PUP						W	35-30
09/27	Cowboys						RESERVED/PUP						W	38-31
10/04	at Dolphins						RESERVED/PUP						W	31-23
10/11	Vikings						RESERVED/PUP						W	27-26
10/25	at Cardinals						RESERVED/PUP						L	34-37+
11/01	49ers						RESERVED/PUP						W	37-27
11/08	at Bills						RESERVED/PUP						L	34-44
11/15	at Rams						RESERVED/PUP						L	16-23
11/19	Cardinals						RESERVED/PUP						W	28-21
11/30	at Eagles						RESERVED/PUP						W	23-17
12/06	Giants						RESERVED/PUP						L	12-17
12/13	Jets						RESERVED/PUP						W	40-3
12/20	at Washington	P	2	6	3.0	6	0	0	0	0.0	0	0	W	20-15
12/27	Rams	P	3	9	3.0	6	0	0	0	0.0	0	0	W	20-9
01/03	at 49ers	P	6	19	3.2	7	0	0	0	0.0	0	0	W	26-23
2020 TOTALS		**3-0**	**11**	**34**	**3.1**	**7**	**0**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

RASHAAD PENNY'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Bengals	P	6	18	3.0	5	0	0	0	0.0	0	0	W	21-20
09/15	at Steelers	P	10	62	6.2	37t	1	1	3	3.0	3	0	W	28-26
09/22	Saints						INACTIVE						L	27-33
09/29	at Cardinals						INACTIVE						W	27-10
10/03	Rams	P	6	18	3.0	8	0	2	31	15.5	30	0	W	30-29
10/13	at Browns						INACTIVE						W	32-28
10/20	Ravens	P	0	0	0.0	0	0	0	0	0.0	0	0	L	16-30
10/27	at Falcons	P	8	55	6.9	17	0	0	0	0.0	0	0	W	27-20
11/03	Buccaneers	P	4	12	3.0	6	0	0	0	0.0	0	0	W	40-34+
11/11	at 49ers	P	2	2	1.0	2	0	0	0	0.0	0	0	W	27-24+
11/24	at Eagles	P	14	129	9.2	58t	1	0	0	0.0	0	0	W	17-9
12/02	Vikings	P	15	74	4.9	13	1	4	33	8.3	13t	1	W	37-30
12/08	at Rams	P	0	0	0.0	0	0	1	16	16.0	16	0	L	12-28
12/15	at Panthers						INJURED RESERVE						W	30-24
12/22	Cardinals						INJURED RESERVE						L	13-27
12/29	49ers						INJURED RESERVE						L	21-26
2019 TOTALS		**10-0**	**65**	**370**	**5.7**	**58T**	**3**	**8**	**83**	**10.4**	**30**	**1**	**11-5**	

+ - Overtime

RASHAAD PENNY'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/09	at Broncos	P	7	8	1.1	5	0	4	35	8.8	15	0	L	24-27
09/17	at Bears	P	10	30	3.0	10	0	0	0	0.0	0	0	L	17-24
09/23	Cowboys	P	3	5	1.7	5	0	0	0	0.0	0	0	W	24-13
09/30	at Cardinals	P	9	49	5.4	15	0	0	0	0.0	0	0	W	20-17
10/07	Rams	P	0	0	0.0	0	0	0	0	0.0	0	0	L	31-33
10/14	at Raiders	P	9	43	4.8	13	0	2	27	13.5	24	0	W	27-3
10/28	at Lions	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-14
11/04	Chargers	P	4	11	2.8	9	0	3	13	4.3	6	0	L	17-25
11/11	at Rams	P	12	108	9.0	38	1	0	0	0.0	0	0	L	31-36
11/15	Packers	P	8	46	5.8	30	0	0	0	0.0	0	0	W	27-24
11/25	at Panthers	P	4	4	1.0	2	0	0	0	0.0	0	0	W	30-27
12/02	49ers	P	7	65	9.3	20t	1	0	0	0.0	0	0	W	43-16
12/10	Vikings	P	8	44	5.5	17	0	0	0	0.0	0	0	W	21-7
12/16	at 49ers						INACTIVE						L	23-26+
12/23	Chiefs						INACTIVE						W	38-31
12/30	Cardinals	P	4	6	1.5	3	0	0	0	0.0	0	0	W	27-24
2018 TOTALS		**14-0**	**85**	**419**	**4.9**	**38**	**2**	**9**	**75**	**8.3**	**24**	**0**	**10-6**	

+ - Overtime

77 | GUARD/CENTER

ETHAN POCIC

Height: 6-6	Weight: 320
College:	Louisiana State
Seasons:	NFL : 5th, Seahawks 5th
Born:	August 5, 1995
Hometown:	Lemont, Ill.
Pronunciation:	POE-sick

TRANSACTIONS:

04/28/17: Drafted by Seattle (2nd round, 58th overall)
10/12/19: Placed on IR (neck)
12/14/19: Activated from IR to 53-man roster
12/31/19: Placed on IR (neck)
03/22/21: Re-signed with Seattle

NFL CAREER HIGHLIGHTS:

• Returned from injury in 2019 to start all 14 games played at center in 2020, missing two due to a concussion.

• Spent majority of 2019 on injured reserve (neck).

• Started 11 of 16 games played during his rookie season; five at left guard and six at right guard.

COLLEGE: One of the top offensive linemen in LSU history. Three-year starter with 37 career starts (27 at center, nine at right guard, one at left tackle). LSU was 25-12 with Pocic in the starting lineup, which included a 20-7 record with him at center. LSU produced a 1,000-yard rusher in each of his years as a starter. First-team All-America by Football Writers Association of America (FWAA) in 2016. Second-team All-America as a senior in 2016 from both Walter Camp, Sporting News and American Football Coaches Association. Named SEC Offensive Lineman of the Week five times during his career, including an SEC-best three times in 2016. Senior Bowl invitee.

PERSONAL: Played his high school ball at Lemont High where he was coached by Eric Michaelsen. Ranked as one of the top prep linemen in the nation in 2013. First-team Parade All-American as a senior. Graduated from high school in December and enrolled at LSU in January. Took part in spring practice and earned Newcomer Most Improved Award after the spring game. Led Lemont to a state semifinal appearance as a senior. His brother, Graham, played at the University of Illinois where he started 36 games on the offensive line in his four years with the Illini. Graduated in December of 2016 with a degree in sports administration.

ETHAN POCIC'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Seahawks	16	11
2018	Seahawks	10	4
2019	Seahawks	4	1
2020	Seahawks	14	14
NFL TOTALS		**44**	**30**

ETHAN POCIC'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	1	0
2019	Seahawks	0	0
2020	Seahawks	1	1
NFL TOTALS		**2**	**1**

ADDITIONAL STATS

Kickoff Returns: 2017 (One kickoff return for 13 yards). **Career:** One kickoff return for 13 yards.

23 | CORNERBACK

DAMARIOUS RANDALL

Height: 5-11 **Weight:** 196
College: Arizona State
Seasons: NFL : 7th, Seahawks 2nd
Born: August 29, 1992
Hometown: Pensacola, Fla.

TRANSACTIONS:

04/30/15: Drafted by Green Bay (1st round, 30th overall)
03/14/18: Traded to Cleveland
04/07/20: Signed with Las Vegas as UFA
09/04/20: Released by Las Vegas
09/30/20: Signed to Seattle's PS
10/21/20: Signed to Seattle's active roster
01/02/21: Placed on Reserve/COVID-19 list
01/06/21: Activated from Reserve-COVID-19
04/09/21: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Saw action in 10 games during his first season in Seattle, with limited time at safety and adding one assisted special teams tackle.

• Registered at least three interceptions in each of his first four NFL seasons (2015-18).

• In 2019, started all 11 contests in which he appeared, tallying 61 tackles (45 solo), a career-high 2.5 sacks and six passes defensed. Started all 15 games in 2018, totaling a career-high 84 tackles (71 solo), while tying career-highs in interceptions (four) and passes defensed (nine). Totaled 47 tackles (38 solo), four interceptions, including one for a touchdown, nine passes defensed and one fumble recovery in 2017.

• One of only two defensive backs in Packers history to be named the NFL's Defensive Rookie of the Month (November) in 2015.

• Entered 2020 after originally being selected in the first round (30th overall) of the 2015 NFL Draft by the Green Bay Packers, where he spent the first three seasons of his career before being acquired via trade by the Browns and spent two seasons (2018-19) in Cleveland.

COLLEGE: Played two seasons (2013-14) at Arizona State after spending one season at Mesa Community College. Played baseball at Butler Community College (Kan.) in 2010. Appeared in 25 games at Arizona State, totaling 177 tackles, one sack, 18 passes defensed, four forced fumbles and one fumble recovery. Added six interceptions for 179 return yards and two touchdowns. As a senior in 2014, started all 13 games and totaled 106 tackles, one sack, 12 passes defensed, two forced fumbles and one fumble recovery. Added three interceptions for 89 return yards and a score. Earned Pac-12 Defensive Player of the Week honors against Stanford, where he recorded seven tackles, one sack, one pass defensed, one forced fumble and one fumble recovery. Named to Phil Steele's All-Pac-12 First-Team, Sports Illustrated All-American honorable mention and All-Pac-12 First Team. As a redshirt junior in 2013, saw action in 12 games and registered 71 tackles, six passes defensed and two forced fumbles. Added three interceptions for 90 return yards and a touchdown. Earned Pac-12 Defensive Player of the Week honors after leading the Sun Devils past Arizona with 13 tackles, one interception returned for a touchdown and one forced fumble.

PERSONAL: Attended Pensacola High School. Played cornerback, free safety, wide receiver and returned punts and kickoffs. Earned all-state recognition following his senior season and all-conference recognition following his junior and senior seasons. Also participated in baseball and track and field. Brother, Patrick Norris, was selected by the Kansas City Royals in the 16th round of the 2007 MLB Draft. Another brother, Porter Washington, played in the Cincinnati Reds' minor league system in 1999. Double majored in business and communications with a minor in psychology.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES									MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/20/15	GB @ OAK	W	S	7	6	1	0.0	0.0	1	0	1	0	0	0	0
9/30/18	CLV @ OAK	L	S	6	6	0	0.0	0.0	1	1	2	0	0	0	0
TOTALS		**1/1**	**2/2**	**13**	**12**	**1**	**0.0**	**0.0**	**2**	**1**	**3**	**0**	**0**	**0**	**0**

DAMARIOUS RANDALL'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2015	Packers	15	9	56	51	5	1	1	0.0	0.0	0	3	47	43t	1	14	0	0	0	2	2	0	0	0	0	0
2016	Packers	10	9	37	33	4	1	1	0.0	0.0	0	3	91	44	0	9	0	0	0	2	2	0	0	0	0	0
2017	Packers	14	12	47	38	9	4	10	0.0	0.0	0	4	35	21t	1	9	0	1	0	0	0	0	0	0	0	0
2018	Browns	15	15	84	71	13	2	3	0.0	0.0	0	4	59	50	0	9	0	1	0	1	1	0	0	0	0	0
2019	Browns	11	11	61	45	16	3	10	2.5	13.0	3	0	0	0	0	6	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	10	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
NFL TOTALS		**75**	**56**	**287**	**239**	**48**	**11**	**25**	**2.5**	**13.0**	**3**	**14**	**232**	**50**	**2**	**47**	**0**	**2**	**0**	**6**	**5**	**1**	**0**	**0**	**0**	**0**

DAMARIOUS RANDALL'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2015	Packers	2	2	11	7	4	0	0	0.0	0.0	0	1	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2016	Packers	3	3	12	11	1	0	0	0.0	0.0	0	1	78	78	0	3	0	0	0	0	0	0	0	0	0	0
2020	Seahawks	1	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**6**	**5**	**23**	**18**	**5**	**0**	**0**	**0.0**	**0.0**	**0**	**2**	**78**	**78**	**0**	**5**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DAMARIOUS RANDALL'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Tampa Bay Buccaneers, Oct 21, 2018
Sacks	1.0 vs. Seattle Seahawks, Oct 13, 2019
	...1 more at 1.0.
Passes Defensed	2 at Cincinnati Bengals, Dec 29, 2019
	...11 more at 2.
Fumble Recoveries	1 at New Orleans Saints, Sep 16, 2018
	...1 more at 1.
Tackles For Loss	1 at Arizona Cardinals, Dec 15, 2019
	...10 more at 1.
Interceptions	2 vs. Seattle Seahawks, Dec 11, 2016
Interception Return Yards	50 at Oakland Raiders, Sep 30, 2018
Special Teams Tackles	1 at Philadelphia Eagles, Nov 30, 2020
	...5 more at 1.

29 | CORNERBACK

D.J. REED

Height: 5-9 **Weight:** 193
College: Kansas State
Seasons: NFL : 4th, Seahawks 2nd
Born: November 11, 1996
Hometown: Bakersfield, Calif.

TRANSACTIONS:

04/28/18: Drafted by San Francisco (5th round, 142nd overall)
08/04/20: Waived/injured (pec)
08/05/20: Claimed off waivers by Seattle
09/05/20: Placed on Reserve/non-football injury
10/31/20: Activated from NFI

NFL CAREER HIGHLIGHTS:

• Began the 2020 season on the non-football injury list and missed the first six games of the season. In his season debut, recorded an interception off his former team, the 49ers, and added one more during the season. Saw time starting at right and left corner, became the team's nickel and also provided a spark in both the punt and kickoff return game.

• Reed has appeared in 31 games over the past two seasons (2018-19), starting two, and has 45 tackles, two passes defensed, one sack, two forced fumbles, and one fumble recovery that he returned for a 5-yard score (vs. Arizona, 11/17/19). Also added nine special teams tackles.

COLLEGE: Having zero offers from a Division I school out of high school, Reed walked on at Fresno State for one season before transferring to Cerritos College (Norwalk, Calif.). At Cerritos, he lived in a two-bedroom apartment with seven other teammates and split time sleeping on the couch and the floor. He then transferred to Kansas State, where he played under head coach Bill Snyder for two seasons and went on to earn All-America honors. A team captain in 2017 at Kansas State, he started all 11 games at cornerback, while also handling a majority of the return duties en route to being named a second-team Walter Camp All-American. Was the third Wildcat kick returner in the last four years to earn All-America status (Morgan Burns in 2015, Tyler Lockett in 2014). Averaged 34.2 yards on 17 kickoff returns to rank third in school history and fourth in Big 12 history, while the mark was second in the nation and tops in the Big 12 during the 2017 season. Held a 14.9-yard average on punt returns to tie for sixth in school history, rank second nationally and lead the Big 12. Finished sixth on the team with 47 tackles to go along with 4.5 tackles for loss, four interceptions, nine pass breakups, two fumble recoveries and a forced fumble.

PERSONAL: Played at Independence High School. Earned all-league honors for two-straight years. Totaled six interceptions and five forced fumbles, while he amassed 1,150 total yards and 13 touchdowns on offense. Became first person in school history to earn team MVP honors in both football and basketball. Majored in history.

D.J. REED'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2018	49ers	15	2	37	28	9	3	9	1.0	5.0	1	0	0	0	0	0	1	0	0	4	2	2	0	0	0	0
2019	49ers	16	0	8	7	1	0	0	0.0	0.0	0	0	0	0	0	2	1	1	5	5	4	1	0	0	0	0
2020	Seahawks	10	8	62	46	16	2	2	0.0	0.0	0	2	21	20	0	7	0	1	0	0	0	0	0	1	0	0
NFL TOTALS		**41**	**10**	**107**	**81**	**26**	**5**	**11**	**1.0**	**5.0**	**1**	**2**	**21**	**20**	**0**	**9**	**2**	**2**	**5**	**9**	**6**	**3**	**0**	**1**	**0**	**0**

D.J. REED'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2019	49ers	3	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	1	0	1	0	0	0	0
2020	Seahawks	1	1	3	3	0	0	0	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**4**	**1**	**3**	**3**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**1**	**0**	**1**	**0**	**0**	**0**	**0**

D.J. REED'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2018	49ers	11	332	30.2	90	0	0	0	0	0.0	0	0
2019	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	5	137	27.4	49	0	10	8	78	7.8	15	0
NFL TOTALS		**16**	**469**	**29.3**	**90**	**0**	**10**	**8**	**78**	**7.8**	**15**	**0**

D.J. REED'S NFL POSTSEASON RETURN STATISTICS

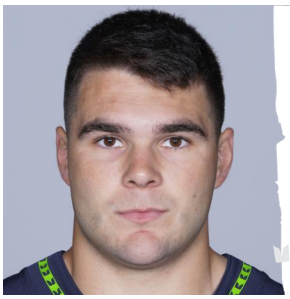
		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2019	49ers	0	0	0.0	0	0	0	0	0	0.0	0	0
2020	Seahawks	2	82	41.0	58	0	3	1	26	8.7	10	0
NFL TOTALS		**2**	**82**	**41.0**	**58**	**0**	**3**	**1**	**26**	**8.7**	**10**	**0**

D.J. REED'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 vs. Denver Broncos, Dec 09, 2018	**Fumble Recoveries**	1 at Los Angeles Rams, Nov 15, 2020
Sacks	1.0 vs. Denver Broncos, Dec 09, 2018		...1 more at 1.
Forced Fumbles	1 vs. Arizona Cardinals, Nov 17, 2019	**Interceptions**	1 at Washington, Dec 20, 2020
	...1 more at 1.		...1 more at 1.
		Interception Return Yards	20 at Washington, Dec 20, 2020

D.J. REED'S SINGLE-GAME HIGHS: RUSHING

Kickoff Returns	4 at Los Angeles Chargers, Sep 30, 2018	**Punt Return Yards**	19 at Washington, Dec 20, 2020
	...1 more at 4.		...1 more at 19.
Kickoff Return Yards	159 vs. Detroit Lions, Sep 16, 2018	**Longest Punt Return**	15 at Washington, Dec 20, 2020
Longest Kickoff Return	49 at Los Angeles Rams, Nov 15, 2020	**Punt Returns**	3 at Washington, Dec 20, 2020



59 | LINEBACKER

JON RHATTIGAN

Height: 6-0	**Weight: 236**
College:	**Army**
Season:	**Rookie**
Born:	**February 2, 1999**
Hometown:	**Naperville, Ill.**

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Played in 25 games from 2018-20, seeing his most playing time as a senior, when he was named a second-team All-America by USA Today. Was also named third-team All-America by Pro Football Focus. He was Army's first-ever semifinalist for the Bednarik Award, given to the nation's top linebacker. He finished the season with a career-high 78 tackles and two interceptions, returning one for a touchdown and the other 50 yards. Entering 2020, he had just six career tackles in 14 games played, playing behind two-time captain and current L.A. Chargers LB Cole Christiansen. Was a three-year letterwinner at Neuqua Valley High and was named Naperville Sun All-Area and Player of the Year. Also named first-team IHSA All-State and a unanimous all-conference selection. He was the team's defensive MVP and team captain as a senior. Was a two-year letter-winner in lacrosse as a midfielder and was an all-conference selection.

83 | WIDE RECEIVER

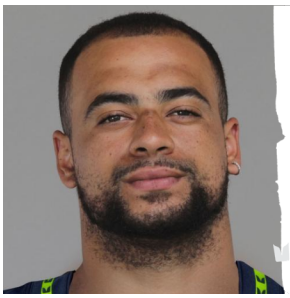
DARECE ROBERSON, JR.

Height: 5-9	Weight: 170
College:	Wayne State
Season:	Rookie
Born:	July 29, 1998
Hometown:	Muskegon, Mich.

TRANSACTIONS:

04/15/21: Signed by Arizona as a FA
05/17/21: Released by Arizona
07/27/21: Signed by Seattle as a FA

Played in 43 games with 33 starts and was one of only two players in school history to have both a punt return and a kickoff return for a touchdown (Sterling Walker). Had two different seasons averaging over 20 yards per reception (21.44 in 2018 and 20.76 in 2019.). Ranked second in school history in yards per catch average (19.21, min. 40 receptions), third in touchdown catches (24), punt return average (11.76, min. 13 returns), sixth in receiving yards (1,767) and kickoff return average (24.19, min. 17 returns) and ninth in receptions (92). A 2016 graduate of Mona Shores High where he totaled 928 all-purpose yards and six touchdowns as a junior in helping the Sailors reach the Division 2 state championship game. Earned all-city and All-OK Conference Black Division accolades in football. Also competed in basketball and track & field. Selected as the Muskegon Chronicle Player of the Year for track as a senior and captured all-state honors in 2016 with a fourth-place finish in the 100-meter dash and finished fifth in the long jump with a personal-best leap of 22-7. Had a career-best time of 10.79 in the 100m at the West Michigan Meijer All-Star Track meet. Majored in media arts and studies major.



40 | RUNNING BACK

CAMERON SCARLETT

Height: 6-1	Weight: 216
College:	Stanford
Seasons:	NFL : 1st, Seahawks 1st
Born:	October 9, 1996
Hometown:	Portland, Ore.

TRANSACTIONS:

05/07/20: Signed by Tennessee as UDFA
08/26/20: Released by Tennessee
07/24/21: Signed by Seattle as a FA

Appeared in 50 games with 14 starts over four seasons at Stanford and totaled 409 carries for 1,676 yards and 24 touchdowns. His rushing scores tied for eighth in school history and his rushing yards tied for the 18th-most in program annals. Caught 41 passes for 523 yards and one touchdown and added 67 kick returns for 1,613 yards. As a fifth-year senior (2019), started all 12 games and rushed a career-high 201 times for 840 yards with a team-leading seven touchdowns. Attended Central Catholic High where he was rated a four-star recruit by Scout, Rivals and PrepStar. Named the nation's 18th-best running back by PrepStar, 31st by Scout and 63rd by ESPN. Was a two-time all-state and two-time all-conference selection. Totaled 4,831 career all-purpose yards and 54 career touchdowns. Lettered in football, track & field, basketball and swimming. Father, Paul, ran track at Brigham Young and brother, Brennan, played for the Houston Texans.

72 | TACKLE

BRANDON SHELL

Height: 6-5	Weight: 324
College:	South Carolina
Seasons:	NFL : 6th, Seahawks 2nd
Born:	February 6, 1992
Hometown:	Goose Creek, S.C.

TRANSACTIONS:

04/30/16: Drafted by the N.Y. Jets (5th round, 158th overall)
12/19/18: Placed on IR (knee)
03/24/20: Signed by Seattle as a UFA
01/02/21: Placed on Reserve/COVID-19 list
01/05/21: Activated from Reserve/COVID-19

NFL CAREER HIGHLIGHTS:

• In his first season in Seattle in 2020, took over starting right tackle duties in all 11 games played. Missed time due to an ankle injury.

• A 2016 fifth-round pick out of South Carolina, became the Jets' starting right tackle in 2017, and has started 37 of 41 games played over the past three years (2017-19). Appeared in eight games, starting the final three at right tackle during his rookie season of 2016.

COLLEGE: Fifth-year offensive tackle who earned the start at left tackle in every game in his senior season, making 47 consecutive starts from 2012-15. Played mostly right tackle in his career before moving to left tackle his senior season. Played in 52 games overall, making 48 career starts. Tied for sixth on the South Carolina all-time list for games played, ranked third in career starts and second in consecutive starts behind only center T.J. Johnson at the time of his departure.

PERSONAL: Attended Goose Creek High. Great uncle is 1989 Pro Football Hall of Fame inductee Art Shell, a former tackle who participated in 24 playoff contests (including Super Bowls XI and XV) and was named to eight Pro Bowls. Art was also the second African-American head coach in the history of professional football. Majored in sociology.

BRANDON SHELL'S NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2016	Jets	8	3
2017	Jets	12	12
2018	Jets	14	14
2019	Jets	15	11
2020	Seahawks	11	11
NFL TOTALS		**60**	**51**

BRANDON SHELL'S NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	1	1
NFL TOTALS		**1**	**1**

65 | GUARD

JORDAN SIMMONS

Height: 6-4 **Weight:** 339
College: USC
Seasons: NFL : 5th, Seahawks 4th
Born: July 15, 1994
Hometown: Inglewood, Calif.

TRANSACTIONS:

05/05/17: Signed with Oakland as a UDFA
09/02/17: Waived by Oakland
09/03/17: Signed to Oakland PS
01/02/18: Signed to reserve/future contract with Oakland
09/01/18: Waived by Oakland
09/02/18: Claimed off waivers by Seattle
08/31/19: Placed on IR (knee)
04/08/20: Re-signed by Seattle
03/26/21: Re-signed by Seattle

NFL CAREER HIGHLIGHTS:

• Saw the most playing time of his career in 2020, playing in 14 games with six starts at left guard in place of Mike Iupati (knee, back, neck injuries).

• Spent the 2019 season on injured reserve (knee).

• In 2018, played in six games with three starts for Seattle after being claimed off waivers from Oakland. Helped lead team to 273 rushing yards in first-career start. Helped team rush for 214 yards in second-career start.

COLLEGE: Played four years at USC, seeing action in 21 games with two starts. As a senior, played his first full season and saw action in 13 games with two starts. Served as a reserve offensive lineman and played on special teams. As a junior, was moved to defensive tackle. Played in just one game due to injury. As a sophomore, saw brief action in one game and missed majority of the season due to injury. As a redshirt freshman, played in seven games as a reserve offensive lineman. Redshirted as a true freshman and was named USC's Offensive Service Team Player of the Year. Majored in African-American Studies.

PERSONAL: Attended Crespi High School in Encino, Calif. As a senior, earned several All-American accolades, including SuperPrep, PrepStar, Rivals.com, USA Today and ESPNHS.com. Also named SuperPrep Elite-50, Sporting News Top-125, PrepStar Top-150 Dream Team, ESPNU 150, SuperPrep All-Far West, Orange County Register Fab-15 First Team, Tacoma News Tribune Western-100, Cal-Hi Sports All-State First Team, Max Preps Division I First Team, All-CIF Pac-5 Division, Los Angeles Times all-area and Los Angeles Daily News all-area first team. As a junior, named All-Serra League First Team, Cal-Hi Sports All-State Underclass First Team and Los Angeles Daily News all-area. As a sophomore, attended Dorsey High School in Los Angeles, Calif. Named All-Los Angeles City Division I First Team as a defensive lineman.

JORDAN SIMMONS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2017	Raiders	0	0
2018	Seahawks	6	3
			Went from **Seattle** to **Oakland**.
2018	Raiders	0	0
2018	TOTAL	6	3
2019	Seahawks	0	0
2020	Seahawks	14	6
NFL TOTALS		**20**	**9**

JORDAN SIMMONS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2018	Seahawks	0	0
2019	Seahawks	0	0
2020	Seahawks	1	0
NFL TOTALS		**1**	**0**

99 | DEFENSIVE END

ALDON SMITH

Height: 6-4 **Weight:** 280
College: Missouri
Seasons: NFL : 7th, Seahawks 1st
Born: September 25, 1989
Hometown: Raytown, Mo.

PRO BOWL '12

AP 1ST TEAM '12

TRANSACTIONS:

04/28/11: Drafted by San Francisco (1st round, 7th overall)
09/23/13: Placed on reserve/non-football illness
10/31/13: Activated from reserve
08/30/14: Suspended by Commissioner-Less than One Year
11/10/14: Suspension Lifted by Commissioner

08/07/15: Released by San Francisco
09/11/15: Signed by Oakland as a FA
11/18/15: Suspended by Commissioner-At Least One Year
03/09/16: Contract expired
04/04/16: Re-signed by Oakland
04/04/16: Suspended by Commissioner-At Least One Year
03/05/18: Released by Oakland
04/02/20: Signed by Dallas as a FA
04/02/20: Suspended by Commissioner-At Least One Year
05/26/20: Reinstated
04/15/21: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Spent 2020 with the Dallas Cowboys after being out of football from 2016-19, recording 47 tackles and 5.0 sacks after the four-year layoff.

• Began his career in historic fashion, posting 33.5 sacks in his first two NFL seasons, the most by a player in their first two years in NFL history, including a career-best 19.5 sacks in 2012, tied for the 13th most in a single-season in NFL history. Smith played in 59 games over five seasons from 2011 to 2015 before off-field issues forced him to put his career on hold.

• Started all 16 games in 2012, posting career-highs in tackles (66), sacks (19.5), forced fumbles (three) and interceptions (one), earning first-team AP All-Pro honors and his first Pro Bowl selection. Also was named the Defensive Player of the Month in November 2012, tallying 9.0 sacks in just three games.

• Finished second in the NFL (J.J. Watt, 20.5) and first in the NFC with 19.5 sacks, setting a 49ers franchise record for sacks. Also tied a franchise record with at least one sack in seven consecutive games.

• Enjoyed a career night on Monday Night Football, posting a career-high 5.5 sacks and two forced fumbles against Chicago (11/19/12). The 5.5 sacks were the most in a single-game in Monday Night Football history.

• Recorded four tackles in Super Bowl XLVII against Baltimore (2/3/13).

• His rookie year of 2011, played in all 16 games, totaling 36 tackles, 14.0 sacks, two forced fumbles, one fumble recovery and four passes defensed.

• Named the Pro Football Writers of America's Defensive Rookie of the Year, setting the 49ers club rookie record with his 14.0 sacks, the second-highest total by a rookie defender since 1982 (Jevon Kearse, 14.5 in 1999).

• Earned NFL Defensive Rookie of the Month honors in October and December/January 2011.

COLLEGE: Played in 23 games with 21 starts over two seasons at Missouri, totaling 112 tackles, 17.0 sacks, two forced fumbles, one fumble recovery, one interception and seven passes defensed. Started all 10 games he played as a redshirt sophomore in 2010, despite being slowed by injury and earned first-team All-Big 12 honors after compiling 48 tackles, 5.5 sacks and a forced fumble. Set the school's single-season sack record with 11.5 as a redshirt freshman in 2009, playing in all 13 games with 11 starts and adding 64 tackles, one forced fumble and five passes defensed on his way to Big-12 Defensive Freshman of the Year accolades.

PERSONAL: Attended Raytown High and was a first-team all-state selection as a senior and team captain in 2007, registering 60 tackles and 12.0 sacks, while adding seven forced fumbles and 34 receptions for 570 yards and four touchdowns as a tight end on offense. Earned first-team all-conference honors in basketball as he helped his team to a 27-1 record.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES											MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
12/7/14	SF @ OAK	L	S	2	2	0	0.0	0.0	0	1	0	0	0	0	0
TOTALS		**0/1**	**1/1**	**2**	**2**	**0**	**0.0**	**0.0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**

ALDON SMITH'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2011	49ers	16	0	36	30	6	13	8	14.0	104.5	27	0	0	0	0	4	2	1	0	1	1	0	0	0	0	0
2012	49ers	16	16	66	50	16	18	0	19.5	144.5	29	1	6	6	0	1	3	0	0	0	0	0	0	0	0	0
2013	49ers	11	8	34	29	5	11	58	8.5	48.5	18	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2014	49ers	7	6	15	10	5	4	28	2.0	16.0	7	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Raiders	9	7	28	21	7	5	29	3.5	24.0	8	0	0	0	0	3	0	0	0	0	0	0	0	0	0	0
2017	Raiders	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	Cowboys	16	16	53	39	14	4	12	5.0	16.0	35	0	0	0	0	2	0	2	78	0	0	0	0	0	0	0
NFL TOTALS		**75**	**53**	**232**	**179**	**53**	**55**	**135**	**52.5**	**353.5**	**124**	**1**	**6**	**6**	**0**	**10**	**5**	**3**	**78**	**1**	**1**	**0**	**0**	**0**	**0**	**0**

ALDON SMITH'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2011	49ers	2	0	4	4	0	3	0	2.0	16.0	6	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2012	49ers	3	3	5	4	1	0	0	0.0	0.0	3	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0
2013	49ers	3	3	11	5	6	2	9	3.5	15.0	6	0	0	0	0	0	1	1	0	0	0	0	0	0	0	0
NFL TOTALS		**8**	**6**	**20**	**13**	**7**	**5**	**9**	**5.5**	**31.0**	**15**	**0**	**0**	**0**	**0**	**0**	**2**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ALDON SMITH'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	12 at Los Angeles Rams, Sep 13, 2020
Sacks	5.5 vs. Chicago Bears, Nov 19, 2012
Passes Defensed	2 at Cleveland Browns, Sep 27, 2015
Forced Fumbles	2 vs. Chicago Bears, Nov 19, 2012
Fumble Recoveries	1 vs. San Francisco 49ers, Dec 20, 2020
	...2 more at 1.
Tackles For Loss	4 at Seattle Seahawks, Sep 15, 2013
	...1 more at 4.
Interceptions	1 at New England Patriots, Dec 16, 2012
Interception Return Yards	6 at New England Patriots, Dec 16, 2012
Special Teams Tackles	1 at Philadelphia Eagles, Oct 02, 2011

7 | QUARTERBACK

GENO SMITH

Height: 6-3 **Weight:** 221
College: West Virginia
Seasons: NFL : 9th, Seahawks 3rd
Born: October 10, 1990
Hometown: Miramar, Fla.

TRANSACTIONS:

04/26/13: Drafted by N.Y. Jets (2nd round, 39th overall)
10/26/17: Placed on IR (knee)
03/20/17: Signed with N.Y. Giants as UFA
04/03/18: Signed with L.A. Chargers as UFA
05/15/19: Signed with Seattle as UFA
08/31/19: Released by Seattle
09/01/19: Signed by Seattle as FA
05/20/20: Re-signed by Seattle
04/22/21: Re-signed by Seattle

NFL HIGHLIGHTS:

• Saw his first action for Seattle in the second-half vs. the N.Y. Jets (12/13/20) in a lopsided game.

• In his first season in Seattle, served as Russell Wilson's backup but did not play in 2019.

• In his first six NFL seasons, started 31 of 40 games played, completing 523 of 906 passes for 6,182 yards, 29 touchdowns, 36 interceptions and a passer rating of 72.7.

• In the 2014 season finale at Miami (Dec. 28, 2014), recorded a perfect 158.3 passer rating after throwing for 358 yards and three touchdowns on 20-of-25 passing (80.0 pct.).

• Named AFC Offensive Player of the Week in 2013 for his first three-touchdown performance in a Week 5 victory against Atlanta, becoming just the second rookie starting QB to win a road game on Monday Night Football.

• Posted three 300-yard performances and two three-touchdown games in his career.

COLLEGE: Played four seasons (2009-12) at West Virginia, appearing in 44 games with 39 starts to post a 26-13 record as a starter. Team captain for three years. Completed 988 passes on 1,465 attempts (67.4 pct.) in his career for 11,662 yards and 98 TDs with 21 INTs. Set school records for completions, passing yards and TD passes in a career. Topped 300 passing yards in 15 career games. Set school single-season records as a senior in 2012 for total yards (4,356), completions (369) and TD passes (42). Spanning from the end of the 2011 season through the beginning of the 2012 campaign, recorded a streak of 327 passes without an INT. As a senior, was a finalist for the Manning Award and the Johnny Unitas Golden Arm Award. Earned second-team All-Big 12 honors from the conference coaches and The Associated Press. Named the 2012 Discover Orange Bowl MVP after completing 32-of-43 passes (74.4 pct.) for 407 yards and six TDs while adding another TD on the ground in West Virginia's 70-33 win over Clemson.

PERSONAL: Given name Eugene Cyril Smith III. Born in Miami, Fla. For My Cause, My Cleats in 2017, wore cleats promoting United Way of Miami Dade. Attended the United Way NYC Gridiron Gala with teammates to help raise over $2 million in support of United Way's efforts in New York City. Earned a degree in English from West Virginia. Earned Parade All-America honors at Miramar (Fla.) High. Was recognized by EA Sports as a second team All-American. Lettered four years in football and basketball.

GENO SMITH'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2013	Jets	16	16	443	247	55.8	3,046	6.9	12	21	69t	43	315	66.5	72	366	5.1	32	6
2014	Jets	14	13	367	219	59.7	2,525	6.9	13	13	74t	28	175	77.5	59	238	4.0	18	1
2015	Jets	1	0	42	27	64.3	265	6.3	2	1	28	3	19	87.9	2	34	17.0	29	0
2016	Jets	2	1	14	8	57.1	126	9.0	1	1	69t	3	19	81.3	2	9	4.5	7	0
2017	Giants	2	1	36	21	58.3	212	5.9	1	0	47	3	12	84.5	4	12	3.0	10	0
2018	Chargers	5	0	4	1	25.0	8	2.0	0	0	8	1	16	39.6	8	2	0.3	9	0
2019	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2020	Seahawks	1	0	5	4	80.0	33	6.6	0	0	14	1	3	94.2	2	-2	-1.0	0	0
TOTALS		**41**	**31**	**911**	**527**	**57.8**	**6,215**	**6.8**	**29**	**36**	**74T**	**82**	**559**	**72.9**	**149**	**659**	**4.4**	**32**	**7**

GENO SMITH'S NFL POSTSEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0.0	0	0	0	0	0	0.0	0	0	0.0	0	0
TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0.0**	**0**	**0**

ADDITIONAL STATS

Receiving: 2013 (One reception for 13 yards). **Career:** One reception for 13 yards.

GENO SMITH'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	43 vs. Denver Broncos, Oct 12, 2014	**Passer Rating**	158.3 at Miami Dolphins, Dec 28, 2014
	...1 more at 43.	**Rush Attempts**	10 vs. Oakland Raiders, Sep 07, 2014
Pass Completions	27 at Oakland Raiders, Nov 01, 2015		...2 more at 10.
Yards Passing	358 at Miami Dolphins, Dec 28, 2014	**Rushing Yards**	50 vs. Oakland Raiders, Dec 08, 2013
TD Passes	3 at Miami Dolphins, Dec 28, 2014	**Longest Runs**	32 vs. Oakland Raiders, Dec 08, 2013
	...1 more at 3.	**Rushing TDs**	1 at Green Bay Packers, Sep 14, 2014
Long Passes	74t at Miami Dolphins, Dec 28, 2014		...6 more at 1.
Completion Percentage	82.1 vs. Oakland Raiders, Sep 07, 2014		

GENO SMITH'S 300-YARD PASSING GAMES (3): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
12/28/14	at Dolphins	20	358	17.9	74t	3
09/22/13	BILLS	16	331	20.7	69t	2
09/22/14	BEARS	26	316	12.2	51	1

GENO SMITH'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Falcons							DID NOT PLAY (NON-INJURY)										W	38-25
09/20	Patriots							DID NOT PLAY (NON-INJURY)										W	35-30
09/27	Cowboys							DID NOT PLAY (NON-INJURY)										W	38-31
10/04	at Dolphins							DID NOT PLAY (NON-INJURY)										W	31-23
10/11	Vikings							DID NOT PLAY (NON-INJURY)										W	27-26
10/25	at Cardinals							DID NOT PLAY (NON-INJURY)										L	34-37+
11/01	49ers							DID NOT PLAY (NON-INJURY)										W	37-27
11/08	at Bills							DID NOT PLAY (NON-INJURY)										L	34-44
11/15	at Rams							DID NOT PLAY (NON-INJURY)										L	16-23
11/19	Cardinals							DID NOT PLAY (NON-INJURY)										W	28-21
11/30	at Eagles							DID NOT PLAY (NON-INJURY)										W	23-17
12/06	Giants							DID NOT PLAY (NON-INJURY)										L	12-17
12/13	Jets	P	5	4	33	80.0	6.6	8.3	0	0	14	1/3	94.2	2	-2	0	0	W	40-3
12/20	at Washington							DID NOT PLAY (NON-INJURY)										W	20-15
12/27	Rams							DID NOT PLAY (NON-INJURY)										W	20-9
01/03	at 49ers							DID NOT PLAY (NON-INJURY)										W	26-23
2020 TOTALS		**1-0**	**5**	**4**	**33**	**80.0**	**6.6**	**8.3**	**0**	**0**	**14**	**1/3**	**94.2**	**2**	**-2**	**0**	**0**	**12-4**	

+ - Overtime

GENO SMITH'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Bengals							DID NOT PLAY (NON-INJURY)										W	21-20
09/15	at Steelers							DID NOT PLAY (NON-INJURY)										W	28-26
09/22	Saints							DID NOT PLAY (NON-INJURY)										L	27-33
09/29	at Cardinals							DID NOT PLAY (NON-INJURY)										W	27-10
10/03	Rams							DID NOT PLAY (NON-INJURY)										W	30-29
10/13	at Browns							DID NOT PLAY (NON-INJURY)										W	32-28
10/20	Ravens							DID NOT PLAY (NON-INJURY)										L	16-30
10/27	at Falcons							DID NOT PLAY (NON-INJURY)										W	27-20
11/03	Buccaneers							DID NOT PLAY (NON-INJURY)										W	40-34+
11/11	at 49ers							DID NOT PLAY (NON-INJURY)										W	27-24+
11/24	at Eagles							DID NOT PLAY (NON-INJURY)										W	17-9
12/02	Vikings							DID NOT PLAY (NON-INJURY)										W	37-30
12/08	at Rams							DID NOT PLAY (NON-INJURY)										L	12-28
12/15	at Panthers							DID NOT PLAY (NON-INJURY)										W	30-24
12/22	Cardinals							DID NOT PLAY (NON-INJURY)										L	13-27
12/29	49ers							DID NOT PLAY (NON-INJURY)										L	21-26
2019 TOTALS		**0-0**	**0**	**0**	**0**	**0.0**	**0.0**	**0.0**	**0**	**0**	**0**	**0/0**	**0.0**	**0**	**0**	**0**	**0**	**11-5**	

+ - Overtime

GENO SMITH'S 2018 GXG REGULAR-SEASON STATISTICS (CHARGERS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/09	Chiefs							DID NOT PLAY (NON-INJURY)										L	28-38
09/16	at Bills	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	1	-1	-1	0	W	31-20
09/23	at Rams							DID NOT PLAY (NON-INJURY)										L	23-35
09/30	49ers							DID NOT PLAY (NON-INJURY)										W	29-27
10/07	Raiders							DID NOT PLAY (NON-INJURY)										W	26-10
10/14	at Browns	P	1	1	8	100.0	8.0	8.0	0	0	8	0/0	100.0	2	-2	-1	0	W	38-14
10/21	Titans							DID NOT PLAY (NON-INJURY)										W	20-19
11/04	at Seahawks							DID NOT PLAY (NON-INJURY)										W	25-17
11/11	at Raiders							DID NOT PLAY (NON-INJURY)										W	20-6
11/18	Broncos							DID NOT PLAY (NON-INJURY)										L	22-23
11/25	Cardinals	P	3	0	0	0.0	0.0	0.0	0	0	0	0/0	39.6	3	7	9	0	W	45-10
12/02	at Steelers	P	0	0	0	0.0	0.0	0.0	0	0	0	0/0	0.0	0	0	0	0	W	33-30
12/09	Bengals							DID NOT PLAY (NON-INJURY)										W	26-21
12/13	at Chiefs							DID NOT PLAY (NON-INJURY)										W	29-28
12/22	Ravens							DID NOT PLAY (NON-INJURY)										L	10-22
12/30	at Broncos	P	0	0	0	0.0	0.0	0.0	0	0	0	1/16	0.0	2	-2	-1	0	W	23-9
2018 TOTALS		**5-0**	**4**	**1**	**8**	**25.0**	**2.0**	**8.0**	**0**	**0**	**8**	**1/16**	**39.6**	**8**	**2**	**9**	**0**	**12-4**	

GENO SMITH'S 2017 GXG REGULAR-SEASON STATISTICS (GIANTS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/10	at Cowboys							DID NOT PLAY (NON-INJURY)										L	3-19
09/18	Lions							DID NOT PLAY (NON-INJURY)										L	10-24
09/24	at Eagles							DID NOT PLAY (NON-INJURY)										L	24-27
10/01	at Buccaneers							DID NOT PLAY (NON-INJURY)										L	23-25
10/08	Chargers							DID NOT PLAY (NON-INJURY)										L	22-27
10/15	at Broncos							DID NOT PLAY (NON-INJURY)										W	23-10
10/22	Seahawks							DID NOT PLAY (NON-INJURY)										L	7-24
11/05	Rams	P	2	0	0	0.0	0.0	0.0	0	0	0	0/0	39.6	1	-1	-1	0	L	17-51
11/12	at 49ers							DID NOT PLAY (NON-INJURY)										L	21-31
11/19	Chiefs							DID NOT PLAY (NON-INJURY)										W	12-9+
11/23	at Washington							DID NOT PLAY (NON-INJURY)										L	10-20
12/03	at Raiders	S	34	21	212	61.8	6.2	10.1	1	0	47	3/12	89.3	3	13	10	0	L	17-24
12/10	Cowboys							DID NOT PLAY (NON-INJURY)										L	10-30
12/17	Eagles							DID NOT PLAY (NON-INJURY)										L	29-34
12/24	at Cardinals							DID NOT PLAY (NON-INJURY)										L	0-23
12/31	Washington							INACTIVE										W	18-10
2017 TOTALS		**2-1**	**36**	**21**	**212**	**58.3**	**5.9**	**10.1**	**1**	**0**	**47**	**3/12**	**84.5**	**4**	**12**	**10**	**0**	**3-13**	

+ - Overtime

GENO SMITH'S 2016 GXG REGULAR-SEASON STATISTICS (JETS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/11	Bengals							DID NOT PLAY (NON-INJURY)										L	22-23
09/15	at Bills							DID NOT PLAY (NON-INJURY)										W	37-31
09/25	at Chiefs							DID NOT PLAY (NON-INJURY)										L	3-24
10/02	Seahawks							DID NOT PLAY (NON-INJURY)										L	17-27
10/09	at Steelers							DID NOT PLAY (NON-INJURY)										L	13-31
10/17	at Cardinals	P	6	4	31	66.7	5.2	7.8	0	1	17	1/8	39.6	1	2	2	0	L	3-28
10/23	Ravens	S	8	4	95	50.0	11.9	23.8	1	0	69t	2/11	132.8	1	7	7	0	W	24-16
10/30	at Browns							NOT ON ROSTER										W	31-28
11/06	at Dolphins							NOT ON ROSTER										L	23-27
11/13	Rams							NOT ON ROSTER										L	6-9
11/27	Patriots							NOT ON ROSTER										L	17-22
12/05	Colts							NOT ON ROSTER										L	10-41
12/11	at 49ers							NOT ON ROSTER										W	23-17+
12/17	Dolphins							NOT ON ROSTER										L	13-34
12/24	at Patriots							NOT ON ROSTER										L	3-41
01/01	Bills							NOT ON ROSTER										W	30-10
2016 TOTALS		**2-1**	**14**	**8**	**126**	**57.1**	**9.0**	**15.8**	**1**	**1**	**69T**	**3/19**	**81.3**	**2**	**9**	**7**	**0**	**5-11**	

+ - Overtime

GENO SMITH'S 2015 GXG REGULAR-SEASON STATISTICS (JETS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/13	Browns								INACTIVE									W	31-10
09/21	at Colts								INACTIVE									W	20-7
09/27	Eagles							DID NOT PLAY (NON-INJURY)										L	17-24
10/04	at Dolphins							DID NOT PLAY (NON-INJURY)										W	27-14
10/18	Washington							DID NOT PLAY (NON-INJURY)										W	34-20
10/25	at Patriots							DID NOT PLAY (NON-INJURY)										L	23-30
11/01	at Raiders	P	42	27	265	64.3	6.3	9.8	2	1	28	3/19	87.9	2	34	29	0	L	20-34
11/08	Jaguars							DID NOT PLAY (NON-INJURY)										W	28-23
11/12	Bills							DID NOT PLAY (NON-INJURY)										L	17-22
11/22	at Texans							DID NOT PLAY (NON-INJURY)										L	17-24
11/29	Dolphins							DID NOT PLAY (NON-INJURY)										W	38-20
12/06	at Giants							DID NOT PLAY (NON-INJURY)										W	23-20+
12/13	Titans							DID NOT PLAY (NON-INJURY)										W	30-8
12/19	at Cowboys							DID NOT PLAY (NON-INJURY)										W	19-16
12/27	Patriots							DID NOT PLAY (NON-INJURY)										W	26-20+
01/03	at Bills							DID NOT PLAY (NON-INJURY)										L	17-22
2015 TOTALS		**1-0**	**42**	**27**	**265**	**64.3**	**6.3**	**9.8**	**2**	**1**	**28**	**3/19**	**87.9**	**2**	**34**	**29**	**0**	**10-6**	

+ - Overtime

GENO SMITH'S 2014 GXG REGULAR-SEASON STATISTICS (JETS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/07	Raiders	S	28	23	221	82.1	7.9	9.6	1	1	26	2/31	96.6	10	38	17	0	W	19-14
09/14	at Packers	S	32	16	176	50.0	5.5	11.0	1	1	29t	1/7	64.1	7	26	9	1	L	24-31
09/22	Bears	S	43	26	316	60.5	7.3	12.2	1	2	51	3/16	71.5	3	20	11	0	L	19-27
09/28	Lions	S	33	17	209	51.5	6.3	12.3	1	1	32	2/5	68.9	4	4	2	0	L	17-24
10/05	at Chargers	S	12	4	27	33.3	2.3	6.8	0	1	9	0/0	7.6	1	3	3	0	L	0-31
10/12	Broncos	S	43	23	190	53.5	4.4	8.3	2	1	27	4/17	70.9	2	11	11	0	L	17-31
10/16	at Patriots	S	34	20	226	58.8	6.6	11.3	1	0	28	3/21	88.6	7	37	10	0	L	25-27
10/26	Bills	S	8	2	5	25.0	0.6	2.5	0	3	4	0/0	0.0	1	0	0	0	L	23-43
11/02	at Chiefs								INACTIVE									L	10-24
11/09	Steelers							DID NOT PLAY (NON-INJURY)										W	20-13
11/24	at Bills	P	12	10	89	83.3	7.4	8.9	0	0	28	2/9	97.6	2	4	4	0	L	3-38
12/01	Dolphins	S	13	7	65	53.8	5.0	9.3	0	1	20	2/16	35.7	4	19	13	0	L	13-16
12/07	at Vikings	S	29	18	254	62.1	8.8	14.1	1	1	45	3/12	87.4	6	33	18	0	L	24-30+
12/14	at Titans	S	28	16	179	57.1	6.4	11.2	1	0	48	3/16	88.2	4	16	10	0	W	16-11
12/21	Patriots	S	27	17	210	63.0	7.8	12.4	1	1	26	2/19	83.9	3	9	6	0	L	16-17
12/28	at Dolphins	S	25	20	358	80.0	14.3	17.9	3	0	74t	1/6	158.3	5	18	6	0	W	37-24
2014 TOTALS		**14-13**	**367**	**219**	**2,525**	**59.7**	**6.9**	**11.5**	**13**	**13**	**74T**	**28/175**	**77.5**	**59**	**238**	**18**	**1**	**4-12**	

+ - Overtime

GENO SMITH'S 2013 GXG REGULAR-SEASON STATISTICS (JETS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/08	Buccaneers	S	38	24	256	63.2	6.7	10.7	1	1	26	5/42	80.6	6	47	13	0	W	18-17
09/12	at Patriots	S	35	15	214	42.9	6.1	14.3	0	3	37	4/25	27.6	3	17	16	0	L	10-13
09/22	Bills	S	29	16	331	55.2	11.4	20.7	2	2	69t	0/0	89.9	4	14	8t	1	W	27-20
09/29	at Titans	S	34	23	289	67.6	8.5	12.6	1	2	36	5/50	79.2	3	7	16	0	L	13-38
10/07	at Falcons	S	20	16	199	80.0	10.0	12.4	3	0	47	4/29	147.7	3	21	8	0	W	30-28
10/13	Steelers	S	34	19	201	55.9	5.9	10.6	0	2	29	3/17	48.8	3	8	9	0	L	6-19
10/20	Patriots	S	33	17	233	51.5	7.1	13.7	1	1	27	4/27	71.9	6	32	14	1	W	30-27+
10/27	at Bengals	S	30	20	159	66.7	5.3	8.0	0	2	26	3/28	51.9	2	8	5	0	L	9-49
11/03	Saints	S	19	8	115	42.1	6.1	14.4	0	0	44	2/0	62.4	6	18	6	1	W	26-20
11/17	at Bills	S	23	8	103	34.8	4.5	12.9	0	3	38	4/30	10.1	1	0	0	0	L	14-37
11/24	at Ravens	S	22	9	127	40.9	5.8	14.1	0	2	30	3/22	22.3	3	6	5	0	L	3-19
12/01	Dolphins	S	10	4	29	40.0	2.9	7.3	0	1	12	1/8	8.3	1	2	2	0	L	3-23
12/08	Raiders	S	25	16	219	64.0	8.8	13.7	1	1	32	1/10	88.6	5	50	32	1	W	37-27
12/15	at Panthers	S	28	15	167	53.6	6.0	11.1	1	1	35	4/27	68.6	6	44	14	0	L	20-30
12/22	Browns	S	36	20	214	55.6	5.9	10.7	2	0	22	0/0	91.7	10	48	17t	1	W	24-13
12/29	at Dolphins	S	27	17	190	63.0	7.0	11.2	0	0	34	0/0	83.9	10	44	12	1	W	20-7
2013 TOTALS		**16-16**	**443**	**247**	**3,046**	**55.8**	**6.9**	**12.3**	**12**	**21**	**69T**	**43/315**	**66.5**	**72**	**366**	**32**	**6**	**8-8**	

+ - Overtime

42 | CORNERBACK

WILL SUNDERLAND

Height: 6-2	Weight: 196
College:	Troy
Seasons:	NFL : 2nd, Seahawks 1st
Born:	September 11, 1996
Hometown:	Midwest City, Okla.

TRANSACTIONS:

04/30/20: Signed by Green Bay as a UDFA
09/06/20: Placed on IR
09/09/20: Reached injury settlement with Green Bay
10/27/20: Signed to Indianapolis PS
05/06/21: Released by Indianapolis
06/14/21: Signed by Seattle as a FA

Played in 24 games with 13 starts in two seasons at Troy (2018-19), posting 59 tackles (42 solo), five tackles for a loss, 1.5 sacks, five interceptions and nine passes defensed. Began his career at Oklahoma, appearing in 16 games in two seasons with the Sooners (2015-16), recording 18 tackles (11 solo), a tackle for a loss and an interception. Started all 11 games he appeared in for the Troy Trojans as a senior in 2019, earning first-team All-Sun Belt honors after registering 38 tackles (31 solo), two tackles for a loss, four interceptions and eight passes defensed. Was tied for the team lead in interceptions and paced the team in passes defensed. Played in all 13 games with two starts as a junior in 2018, finishing with 21 tackles (11 solo), three tackles for a loss, 1.5 sacks, an interception and a quarterback hit. Attended Midwest City High, where he was ranked as the No. 1 player in the state of Oklahoma by Scout.com and No. 2 in the state by Rivals.com. Earned first-team all-state honors at defensive back after posting 71 tackles, five interceptions and nine passes defensed as a senior in 2014. Also had 20 receptions for 256 yards and four touchdowns. Also lettered in track, participating in the 100-, 200-, 4x100- and 4x200-meter events. Also played basketball and soccer for one year. Majored in human services.

WILL SUNDERLAND'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Colts	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

WILL SUNDERLAND'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Colts	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

11 | WIDE RECEIVER

CODY THOMPSON

Height: 6-2 **Weight:** 205
College: Toledo
Seasons: NFL : 3rd, Seahawks 3rd
Born: January 11, 1996
Hometown: Huron, Ohio

TRANSACTIONS:

05/06/19: Signed by Kansas City as a UDFA
08/31/19: Released by Kansas City
09/01/19: Signed to Kansas City's PS
10/29/19: Released by Kansas City
10/30/19: Signed to Seattle's PS
11/05/19: Released by Seattle
01/08/20: Signed to Seattle's PS
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

- Spent time on Kansas City and Seattle's practice squads.

COLLEGE: Played in 56 games at Toledo finishing his collegiate career with 3,312 receiving yards on 181 receptions and 30 touchdowns. Holds Toledo record with 30 career touchdown receptions, ranks second on UT's career receiving list with 3,312 yards behind Eric Page's all-time record of 3,446 yards and second all-time in yards per catch (18.3). Led the team with 10 touchdown grabs and was second on the team with 48 receptions his senior year. In 2016, named First-team All-MAC selection and had a school-record 1,269 receiving yards.

PERSONAL: Played quarterback at Huron (Ohio) High School. and threw for 1,883 yards and 17 touchdowns as a senior, adding 1,139 rushing yards and 22 scores. Named second-team all-conference, second-team all-district, and academic all-conference. Also served as the team's punter, averaging 44.6 yards per punt as a senior. Was an honorable mention all-district player in basketball as a junior.

CODY THOMPSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Chiefs	0	0	0	0	0.0	0	0	0	0	0.0	0	0
				Went from **Kansas City** to **Seattle**.									
2019	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
				Went from **Seattle** to **Cincinnati**.									
2019	Bengals	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2019	TOTAL	0	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

CODY THOMPSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

86 | WIDE RECEIVER

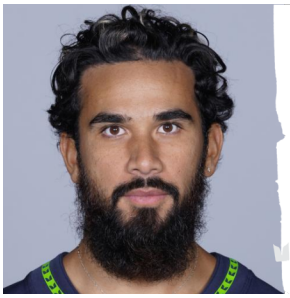
TRAVIS TOIVONEN

Height: 6-4 **Weight:** 212
College: North Dakota
Seasons: NFL : 1st, Seahawks 1st
Born: April 22, 1998
Hometown: Red Wing, Minn.

TRANSACTIONS:

06/08/21: Signed by Seattle as a FA

Was a former four-year starter at the University of North Dakota. Had 139 catches for 1,719 yards and 13 touchdowns in four seasons at North Dakota, including 48 catches for 684 yards and seven scores as a senior in 2019. Went undrafted in 2020, then in early 2020 signed with the Fan Controlled Football League. Most recently, Toivonen worked out at the University of Minnesota's Pro Day in April 2020.



15 | WIDE RECEIVER

JOHN URSUA

Height: 5-9	Weight: 182
College:	Hawaii
Seasons:	NFL : 3rd, Seahawks 3rd
Born:	January 17, 1994
Hometown:	Kailua-Kona, Hawaii
Pronunciation:	err-SOO-uh

TRANSACTIONS:

04/27/19: Drafted by Seattle (7th round, 236th overall)
09/08/20: Waived by Seattle
09/09/20: Signed to Seattle's PS

NFL CAREER HIGHLIGHTS:

• Has seen action in three games, all in 2019. Spent the 2020 season on the practice squad.

COLLEGE: Played in 33 games in his career and recorded 189 receptions for 2,662 yards (14.1 avg.), 24 receiving TDs, and two rushing TDs. Named to the All Mountain West First Team as a RS Junior in 2018. Led the nation in receiving touchdowns with 16. Also had one rushing score at Army (Sept. 15). Ranked fifth nationally in receiving yards (1,343) and eighth in receiving yards per game (103.3). Mountain West leader in receiving TDs, receiving yards, receiving yards per game, and total touchdowns. In 2017, played in six games before suffering a season ending injury vs. San José State. Entered that game leading the nation in receiving yards per game (130.6) and second in receptions per game (9.2). Finished the year with 47 receptions, 667 yards, and 5 TDs while averaging 14.2 yards per catch.

PERSONAL: Prior To UH, served a two year church mission in Paris, France. A 2012 graduate of Cedar High School in Saratoga, Utah. Earned a total of 12 varsity letters in football, baseball and track and field. Named Region 9 Offensive Most Valuable Player in his senior season, throwing for 1,005 yards and 10 touchdowns, and rushing for 1,539 and 16 touchdowns as quarterback at Cedar High School. Named all Valley Offensive Most Valuable Player and received class 4A all state honorable mention as a junior at Westlake High School, where he threw for 1,478 yards and 21 touchdowns, rushing for 723 yards with 14 touchdowns. Born in Kailua Kona, Hawai'i. Nickname is "J Dub". Majored in human development and family studies. Speaks both French and Hawaiian. Has two older brothers and two older sisters. Parents are Larry and Laurie Ursua of Kailua Kona, Hawai'i.

JOHN URSUA'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	3	0	1	11	11.0	11	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**3**	**0**	**1**	**11**	**11.0**	**11**	**0**	**0**	**0**	**0.0**	**0**	**0**

JOHN URSUA'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2019	Seahawks	1	0	0	0	0.0	0	0	0	0	0.0	0	0
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**1**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

JOHN URSUA'S SINGLE-GAME HIGHS: RECEIVING

Receptions	1 vs. San Francisco 49ers, Dec 29, 2019	**Longest Receptions**	11 vs. San Francisco 49ers, Dec 29, 2019
Receiving Yards	11 vs. San Francisco 49ers, Dec 29, 2019	**All-Purpose Yards**	11 vs. San Francisco 49ers, Dec 29, 2019

JOHN URSUA'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Falcons						PRACTICE SQUAD						W	38-25
09/20	Patriots						PRACTICE SQUAD						W	35-30
09/27	Cowboys						PRACTICE SQUAD						W	38-31
10/04	at Dolphins						PRACTICE SQUAD						W	31-23
10/11	Vikings						PRACTICE SQUAD						W	27-26
10/25	at Cardinals						PRACTICE SQUAD						L	34-37+
11/01	49ers						PRACTICE SQUAD						W	37-27
11/08	at Bills						PRACTICE SQUAD						L	34-44
11/15	at Rams						PRACTICE SQUAD						L	16-23
11/19	Cardinals						PRACTICE SQUAD						W	28-21
11/30	at Eagles						PRACTICE SQUAD						W	23-17
12/06	Giants						PRACTICE SQUAD						L	12-17
12/13	Jets						PRACTICE SQUAD						W	40-3
12/20	at Washington						PRACTICE SQUAD						W	20-15
12/27	Rams						PRACTICE SQUAD						W	20-9
01/03	at 49ers						PRACTICE SQUAD						W	26-23
2020 TOTALS		**0-0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**12-4**	

+ - Overtime

JOHN URSUA'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RECEIVING					RUSHING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/08	Bengals						INACTIVE						W	21-20
09/15	at Steelers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	28-26
09/22	Saints						INACTIVE						L	27-33
09/29	at Cardinals						INACTIVE						W	27-10
10/03	Rams						INACTIVE						W	30-29
10/13	at Browns						INACTIVE						W	32-28
10/20	Ravens						INACTIVE						L	16-30
10/27	at Falcons						INACTIVE						W	27-20
11/03	Buccaneers						INACTIVE						W	40-34+
11/11	at 49ers						INACTIVE						W	27-24+
11/24	at Eagles						INACTIVE						W	17-9
12/02	Vikings						INACTIVE						W	37-30
12/08	at Rams						INACTIVE						L	12-28
12/15	at Panthers	P	0	0	0.0	0	0	0	0	0.0	0	0	W	30-24
12/22	Cardinals						INACTIVE						L	13-27
12/29	49ers	P	1	11	11.0	11	0	0	0	0.0	0	0	L	21-26
2019 TOTALS		**3-0**	**1**	**11**	**11.0**	**11**	**0**	**0**	**0**	**0.0**	**0**	**0**	**11-5**	

+ - Overtime

54 | LINEBACKER

BOBBY WAGNER

Height: 6-0	Weight: 242
College:	Utah State
Seasons:	NFL : 10th, Seahawks 10th
Born:	June 27, 1990
Hometown:	Ontario, Calif.

'13 | '14 PRO BOWL | '15 PRO BOWL | '16 PRO BOWL | '17 PRO BOWL | '18 PRO BOWL | '19 PRO BOWL | '20 PRO BOWL | '14 AP 1ST TEAM

'16 AP 1ST TEAM | '17 AP 1ST TEAM | '18 AP 1ST TEAM | '19 AP 1ST TEAM | '20 AP 1ST TEAM | '15 AP 2ND TEAM

TRANSACTIONS:

04/27/12: Drafted by Seattle (2nd round, 47th overall)
08/02/15: Signed multi-year contract extension with Seattle
07/26/19: Signed multi-year contract extension with Seattle

NFL CAREER HIGHLIGHTS:

• Selected to seven Pro Bowls and is a seven-time AP All-Pro (six-time First-Team). Wagner is the 11th linebacker in NFL history to earn first-team All-Pro honors six times. The other 10 are in the Pro Football Hall of Fame.

• A five-time team captain, has started 134 of 135 games played over nine seasons and has recorded 1,211 tackles (724 solo), 22.5 sacks, 10 INTs, 55 passes defensed, five forced fumbles, nine fumble recoveries, and four touchdowns. He is the only player in team history with 1,000 career tackles and is the franchise's all-time leader.

• Finished 2020 posting his ninth-consecutive 100-tackle season with 138 tackles (7th NFL). His nine straight seasons with 100 tackles rank second to London Fletcher's 14-year streak since the 2000 season.

• Led the NFL with 159 tackles in 2019, second-most in franchise history. Set a club record vs. New Orleans (9/22) for most tackles in a game with 19. It was the highest total since Sammy Green totaled 18 in 1978.

• Set franchise record for longest interception return, returning a pick 98 yards for a touchdown against San Francisco (12/2/18).

• In 2016, started all 16 games leading the NFL and setting a franchise record with a career-high 167 tackles (85 solo).

• Was voted to his first Pro Bowl in 2014, in addition to being selected Associated Press First-Team All-Pro, despite missing five games due to a foot injury, tallied 104 tackles (67 solo), 2.0 sacks and three passes defensed.

• Started all three postseason games in 2013 and tied Kam Chancellor for team lead in tackles with 34 (17 solo).

• Set club record for tackles by a rookie with 140 (Terry Beason, 136 in 1977) and ranked second among all rookies in 2012.

• As a rookie, started 15 of 16 games played at middle linebacker as well as both postseason games in 2012, leading the team in tackles (140) in addition to recording three interceptions, two sacks and four passes defensed.

HONORS: 2020: Pro Bowl, Associated Press First-Team All-Pro, NFC Defensive Player of the Week (Week 8). 2019: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2018: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, NFC Defensive Player of the Week (Week 13). 2017: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2016: Pro Bowl, Associated Press First-Team All-Pro, PFWA All-NFL, Sporting News All-Pro. 2015: Pro Bowl, Associated Press Second-Team All-Pro. 2014: Pro Bowl, Associated Press First-Team All-Pro, NFC Defensive Player of the Month (December). 2012: Pro Football Weekly All Rookie Team, Sports Illustrated Defensive Rookie of the Year.

COLLEGE: A three-time All-Western Athletic Conference first-team choice by the league's coaches and media who started 46-of-48 games at Utah State (21 at strongside linebacker and 25 at weakside linebacker). Finished his career with 446 tackles (201 solo), 4.5 sacks for minus 35 yards, 29.5 tackles for losses of 80 yards and eight quarterback pressures. Caused two fumbles and recovered three others, while recording seven passes defensed and intercepting four balls for 51 yards in returns. His 446 tackles tied the school career-record that was first set by Del Lyles (1988-91), becoming only the fourth player in WAC history to record more than 400 tackles, breaking the league all-time record of 443 tackles by Robert Rodriguez of Texas-El Paso (2001-04). Named an All-American Dream Team choice and WAC Defensive Player of the Year by The NFL Draft Report after his senior season.

PERSONAL: Dubbed the "Hardest Hitter" in college by The Sporting News, becoming the first player to ever lead the conference in tackles three consecutive seasons and is one of four to accomplish that feat at Utah State. One of 30 NCAA Football Bowl Subdivision (FBS) student-athletes selected as a candidate for the 2011 Lowe's Award for excellence both on and off the field. Attended Colony High School where he lettered as a tight end and linebacker, guiding the team in each of his final two seasons to consecutive 12-2 finishes, capturing the CIF division title. Named to the All-CIF Central Division squad as a senior and picked up All-State California Division II second-team honors, as he recorded 125 tackles (92 solo) and four sacks, while hauling in 37 receptions for 595 yards and 11 touchdowns. A business entrepreneurship major at Utah State. Active in the community. Son of Bobby and the late Phenia Wagner.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES									MISC		
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
10/14/18	SEA @ OAK	W	S	4	4	0	0.0	0.0	0	0	1	0	0	0	0
TOTALS		**1/0**	**1/1**	**4**	**4**	**0**	**0.0**	**0.0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**

BOBBY WAGNER'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2012	Seahawks	16	15	139	86	53	9	4	2.0	11.0	5	3	55	45	0	4	0	0	0	1	1	0	0	0
2013	Seahawks	14	14	119	71	48	4	30	5.0	36.5	6	2	9	9	0	7	0	1	0	1	1	0	0	0
2014	Seahawks	11	11	104	67	37	10	32	2.0	13.0	6	0	0	0	0	3	0	0	0	0	0	0	0	0
2015	Seahawks	15	15	114	67	47	2	7	0.5	4.5	4	0	0	0	0	7	2	3	45	0	0	0	0	0
2016	Seahawks	16	16	167	85	82	7	36	4.5	27.0	18	1	9	9	0	3	0	1	0	0	0	0	0	0
2017	Seahawks	16	16	133	97	36	13	40	1.5	13.0	13	2	7	7	0	6	0	1	21	0	0	0	0	0
2018	Seahawks	15	15	138	84	54	6	29	1.0	9.0	8	1	98	98t	1	11	2	1	11	0	0	0	0	0
2019	Seahawks	16	16	159	86	73	7	19	3.0	16.0	4	1	6	6	0	6	1	1	5	0	0	0	0	0
2020	Seahawks	16	16	138	81	57	7	25	3.0	19.0	11	0	0	0	0	8	0	1	0	0	0	0	0	0
NFL TOTALS		**135**	**134**	**1211**	**724**	**487**	**65**	**222**	**22.5**	**149.0**	**75**	**10**	**184**	**98T**	**1**	**55**	**5**	**9**	**82**	**2**	**2**	**0**	**0**	**0**

BOBBY WAGNER'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST				
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR
2012	Seahawks	2	2	17	12	5	1	0	0.0	0.0	0	1	4	4	0	1	0	0	0	0	0	0	0	0
2013	Seahawks	3	3	34	17	17	1	3	0.0	0.0	0	0	0	0	0	1	0	0	0	0	0	0	0	0
2014	Seahawks	3	3	31	16	15	0	0	0.0	0.0	0	1	0	0	0	1	0	0	0	0	0	0	0	0
2015	Seahawks	2	2	20	12	8	1	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Seahawks	2	2	18	11	7	1	3	0.0	0.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Seahawks	1	1	5	3	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	2	2	12	10	2	1	1	0.0	0.0	1	0	0	0	0	1	0	0	0	0	0	0	0	0
2020	Seahawks	1	1	16	11	5	1	1	1.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**16**	**16**	**153**	**92**	**61**	**6**	**10**	**1.0**	**0.0**	**4**	**2**	**4**	**4**	**0**	**4**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ADDITIONAL STATS

Fumble Returns for Touchdowns: 2015 (Two for 45 yards); 2017 (One for 21 yards). **Career:** 3
Special Teams Stats: 2016 (blocked field goal), 2018 (blocked field goal); **Career:** Two blocked field goals.
Safeties: 2017 (1); **Career:** 1.

BOBBY WAGNER'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	19 vs. New Orleans Saints, Sep 22, 2019
Sacks	2.0 vs. San Francisco 49ers, Nov 01, 2020
	...1 more at 2.0.
Passes Defensed	3 vs. Los Angeles Chargers, Nov 04, 2018
Forced Fumbles	1 vs. Baltimore Ravens, Oct 20, 2019
	...4 more at 1.
Fumble Recoveries	1 vs. New York Jets, Dec 13, 2020
	...8 more at 1.
Tackles For Loss	3 vs. San Francisco 49ers, Nov 01, 2020
	...3 more at 3.
Interceptions	2 vs. Arizona Cardinals, Dec 09, 2012
Interception Return Yards	98 vs. San Francisco 49ers, Dec 02, 2018
Safeties	1 vs. Washington, Nov 05, 2017
Special Teams Tackles	1 vs. Arizona Cardinals, Dec 22, 2013
	...1 more at 1.

87 | WIDE RECEIVER

CONNOR WEDINGTON

Height: 6-0 **Weight:** 200
College: Stanford
Season: Rookie
Born: May 28, 1999
Hometown: Lake Tapps, Wash.

TRANSACTIONS:

05/13/21: Signed by Seattle as a UDFA

Wedington played in 31 career games for the Cardinal, compiling 106 receptions for 971 yards and one touchdown. He also returned 25 kicks for 685 yards. He was named honorable mention All-Pac-12 in 2019 after he caught 51 passes for 506 yards and a touchdown during his junior season, and also returned 21 kicks for 28.1 yards per return, the best mark in the conference and eighth-best nationally. Off the field, he was named to the 2019 AFCA Good Works Team for service to the community through his organization Hope Given By. He was also Stanford's 2020 nominee for the Wuerffel Trophy and served the Cardinal as a captain. Prepped at Sumner High and was a consensus four-star recruit, being named the nation's 77th-best recruit by Scout and 155th by Rivals, the nation's fourth-best athlete by Scout, 10th by Rivals and 12th by 247Sports. Named the nation's 30th-best running back by PrepStar and 40th by ESPN. Finished prep career with a school-record 4,035 career rushing yards and record 69 career touchdowns. Was the 2016 Tacoma News Tribune Player of the Year and 2016 Ford Sports Performance Player of the Year. Also competed in track and member of the Honor Society. Brother, Triston, played football at Central Washington, and cousin, Jordan Greene, played baseball at Clemson. Majored in science, technology & society.

3 | QUARTERBACK

RUSSELL WILSON

Height: 5-11	Weight: 215
College:	Wisconsin
Seasons:	NFL : 10th, Seahawks 10th
Born:	November 29, 1988
Hometown:	Richmond, Va.

'13 | PRO BOWL '12 | PRO BOWL '13 | PRO BOWL '14 | PRO BOWL '15 | PRO BOWL '17 | PRO BOWL '18 | PRO BOWL '19 | PRO BOWL '20

AP 2ND TEAM '19

TRANSACTIONS:

04/27/12: Drafted by Seattle (3rd round, 75th overall)
07/31/15: Signed multi-year contract extension with Seattle
04/17/19: Signed multi-year contract extension with Seattle

NFL CAREER HIGHLIGHTS:

• Has started every game played with 160 straight (144 regular season, 16 postseason). His regular season starts are the second-longest active streak in the NFL. His career passer rating (101.7), home rating (104.8) and road rating (98.6) all rank fourth in NFL history.

• Has 35 fourth-quarter victories when trailing or tied in the fourth quarter, the most in the NFL since 2012 (regular season & postseason).

• Ranks second for the most passing touchdowns in a player's first nine seasons in NFL history with 267 (Peyton Manning, 275). Is the only quarterback in NFL history with a winning record in each of his first nine seasons. Is the NFL's all-time winningest quarterback in a player's first nine seasons with 98. Is the NFL's all-time winningest quarterback in a player's first nine seasons, including postseason, with 107. Is the NFL's all-time winningest quarterback at home in a player's first nine seasons with 55.

• Joined Peyton Manning (2012-14) as the only quarterbacks in NFL history with 30-plus pass touchdowns & a 100-plus passer rating in three consecutive seasons (2018-20). Joined Kurt Warner, Tom Brady and Drew Brees as the only non-first-round quarterbacks to throw 40 passing touchdowns in a single season in NFL history. Joined Drew Brees (nine consecutive seasons) and Brett Favre (five) as the only players with 30 touchdown passes in at least four consecutive seasons in NFL history. Joined Peyton Manning as the only players in NFL history to record at least 3,000 passing yards and 20 touchdowns in each of their first nine seasons.

• Owns 26 major franchise records for a quarterback: Career (101.7), single-season (110.9 in 2018) and single-game (158.3) passer rating; Career (33,946), single-season (4,219 in 2016) and single-game (452) most passing yards; Career (267), single-season (40 in 2020) and single-game (5) most touchdown passes; Career (2,820) and single-season completions (384 in 2020); Career (4,335) passing attempts; Career (65.05), single-season (68.82 in 2020) and single-game (88.57) completion percentage; Career (20) and single-season (5) 300-yard passing games; Most consecutive passes without an interception (220 from 2018-19); Career (803), single-season (118 in 2014) and single-game (14) rushing attempts by a quarterback; Career (4,506), single-season (849 in 2014) and single-game (122) rushing yards by a quarterback; Owns the top-16 rushing yard games by a quarterback; 11 NFC Player of the Week awards are the most in club history.

• In Week 1 at Atlanta (9/13/20), became the second quarterback in NFL history (HOF Steve Young) to record 30,000 passing yards and 4,000 rushing yards in a career, becoming the fifth quarterback to reach 4,000 yards. Also completed 31 of 35 attempts for an 88.57 completion percentage, the third-highest in NFL history (min. 30 att.).

• Broke his own club records in a season for most touchdowns (career-high 40), completions (career-high 384) and completion percentage (career-high 68.82), helping lead team to franchise-record 459 points scored.

• Was the fourth-fastest quarterback to 100 combined wins (regular & postseason) after Week 5's win vs. Minnesota (10/11) and became the first player in franchise history to have five touchdown passes in consecutive weeks, becoming the fifth player in NFL history to accomplish that feat.

• In 2019, set career-low with five interceptions, while passing for over 4,000 yards for the third time in his career. Joined Peyton Manning as the only quarterbacks in NFL history to pass for at least 3,000 yards and 20 touchdowns in each of their first eight seasons.

• In 2018, broke his own franchise record with a career-high 35 touchdown passes, bringing his career total to 196, which is the most in club history, and third most in the NFL in a quarterback's first seven seasons.

• In 2017, led the NFL and tied his franchise-record with 34 touchdown passes, and set a career-high with 553 attempts. Threw 19 touchdown passes in the fourth quarter in 2017, an NFL record. Became the first quarterback in NFL history with at least 30 touchdown passes and 500 rushing yards in multiple seasons.

• Set career-highs in 2016 in attempts (546), completions (353) and yards (4,219).

• In 2015, became first Seahawks quarterback to lead the NFL in passer rating (110.1). Set club single-season records for passing yards (4,024), touchdowns (34) and completion percentage (68.1). Became first player in NFL history to pass for more than 4,000 yards, rush for more than 500 yards and have 30 or more touchdown passes. Was selected to his fourth consecutive Pro Bowl in as many years in the league.

• Started all 16 games in 2014, completing 285 of 452 passes (63.1%) for a career-high 3,475 yards, a passer rating of 95.0, 20 touchdowns and a career-low seven interceptions. Also set career-high in rushes (118), rushing yards (849) and rushing touchdowns (six).

• Became the third youngest quarterback in NFL history to win the Super Bowl, leading the team to a 43-8 win over the Denver Broncos in Super Bowl XLVIII, completing 18 of 25 (72.0%) passes for 206 yards, two touchdowns and a 123.1 passer rating.

• Started all 16 games in his second season, completing 257 of 407 passes (63.1%) with career highs in yards (3,357) and passer rating (101.2), tying a career high with 26 touchdowns, and a career-low nine interceptions. Added one rushing touchdown while setting career-highs with 96 rushes for 539 yards.

• Tied Peyton Manning's 1998 record for most touchdown passes by a rookie (26) in 2012. Became the first rookie in NFL history to lead his team to an undefeated home record. Set a club record with a 100.0 passer rating - second-best ever by a rookie and 64.1 completion percentage was third all-time.

• Set an all-time NFL record for a rookie at Miami with 16 consecutive completions. That game also marked his third-consecutive game with a 125.0 or better passer rating, also a record for a rookie. Became the first player in NFL history to record three rushing touchdowns and pass for a touchdown in the first half of a game (at Buffalo, 12/16). Set franchise record for most rushing yards in a season by a quarterback (489), most rushing yards in a game (92) and most rushing touchdowns in a game (3) by a quarterback at Buffalo.

• Started all 16 games as a rookie, completing 252 of 393 passes (64.1%) for 3,118 yards and 26 TDs and a 100.0 passer rating. Also ran 94 times for 489 yards with four touchdowns.

HONORS: 2020: Pro Bowl, Walter Payton NFL Man of the Year, NFC Offensive Player of the Month for September, NFC Offensive Player of the Week vs. Atlanta (9/13/20), NFC Offensive Player of the Week vs. Dallas (9/27/20). 2019: Pro Bowl, Associated Press Second-Team All-Pro, NFC Offensive Player of the Week at Pittsburgh (9/15/19), NFC Offensive Player of the Week vs. Tampa Bay (11/3/19). 2018: Pro Bowl. 2017: Pro Bowl, NFC Offensive Player of the Week vs. Philadelphia (12/03/18), NFC Offensive Player of the Week vs. Houston (10/29/17). 2015: Pro Bowl, NFC Offensive

Player of the Week vs. Steelers (11/29/15). 2014: Pro Bowl, NFC Offensive Player of the Week at Redskins (10/6/14), NFC Offensive Player of the Week at Cardinals (12/21/14). 2013: NFC Pro Bowl, NFC Offensive Player of the Week vs. Saints (12/2/13). 2012: Pro Bowl, Pepsi Max NFL Rookie of the Year, Sports Illustrated Offensive Rookie of the Year.

COLLEGE: Wilson started 50 consecutive games, throwing 379 consecutive passes without an interception to establish an NCAA Football Bowl Subdivision record. Completed 907 of 1,489 passes (60.9%) for 11,720 yards, 109 touchdowns and 29 interceptions. Rushed 441 times for 1,421 yards (3.2 avg.) and 23 touchdowns, becoming the fifth player in the NCAA FBS ranks to rush for over 1,000 yards and throw for over 5,000 yards in a career. During his 36-game career at North Carolina State, Wilson connected on 682 of 1,180 passes (57.8%) for 8,545 yards, 76 touchdowns and 25 interceptions, as he piled up 9,628 yards in total offense and was responsible for 93 touchdowns, in addition to rushing 362 times for 1,083 yards (2.9 avg.) and 17 scores. Finished his Wolfpack career ranking second in school annals for pass attempts and touchdown passes, and third for pass completions, pass completion percentage and yards in total offense. His eight 300-yard passing games in 2010 rank second on the NC State season-record chart, while his total of 12 300-yard efforts for the Wolfpack rank second on the career list. Set NC State season-records with 308 pass completions in 2009, ranking second with 527 pass attempts, 3,563 yards passing and 3,998 yards in total offense in 2010, along with 31 touchdown tosses in 2009. His 28 touchdown throws in 2010 rank third and his 3,287 yards in total offense in 2009 rank fourth on the State annual record chart. His five touchdown passes vs. Florida State in 2009 tied the Wolfpack single-game record. In just one season at Wisconsin, Wilson connected on 225 of 309 passes (72.8%) for 3,175 yards, 33 touchdowns and only four interceptions, adding 79 carries for 338 yards (4.2 avg.) and six scores, compiling an NCAA record 191.7 pass efficiency rating and gaining 3,513 yards in total offense, along with being responsible for 39 touchdowns.

PERSONAL: Attended Collegiate High in Richmond, playing football and baseball. Earned all-state, all-region and all-district honors, in addition to being named the 2005 Richmond Times-Dispatch Player of the Year as a junior. That season, Wilson threw for 3,287 yards and 40 touchdowns while rushing for another 634 yards and 15 scores. The Cougars won the state title, as the team compiled a perfect 11-0 record. In 2006, was featured in Sports Illustrated's "Faces in the Crowd" for his state title game performance after completing 21-37 passes for 291 yards and two touchdowns while rushing 30 times for 223 yards and three more scores in a 38-17 win. Passed for 3,009 yards, 34 touchdowns and just seven interceptions as a senior. Also rushed for 1,132 yards, adding 18 mores scores while again earning all-state, all-conference and conference player of the year accolades. On the baseball diamond, the shortstop batted .467 as a senior, enticing the Colorado Rockies to begin following him to North Carolina State and drafting him in the fourth round of the 2010 major league baseball draft. Communications major. His father, the late Harrison Wilson, III, played football and baseball at Dartmouth and was on the San Diego Chargers preseason squad. His older brother, Harrison, IV, played football and baseball at Richmond. Married to wife, Ciara, with three children.

REGULAR SEASON COMPARISON: PASSING - LAS VEGAS RAIDERS

DATE	OPP	W/L	GP/GS	C	ATT	YDS.	AVG.	TD	LG	INT	SK	SKYD	RTG
11/2/14	SEA vs. OAK	W	S	17	35	179	5.1	0	39	0	1	2	63.9
10/14/18	SEA @ OAK	W	S	17	23	222	9.7	3	42	1	1	8	125.4
TOTALS		**2/0**	**2/2**	**34**	**58**	**401**	**6.9**	**3**	**42**	**1**	**2**	**10**	--

RUSSELL WILSON'S NFL REGULAR SEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2012	Seahawks	16	16	393	252	64.1	3,118	7.9	26	10	67	33	203	100.0	94	489	5.2	25t	4
2013	Seahawks	16	16	407	257	63.1	3,357	8.2	26	9	80t	44	272	101.2	96	539	5.6	27	1
2014	Seahawks	16	16	452	285	63.1	3,475	7.7	20	7	80t	42	242	95.0	118	849	7.2	55	6
2015	Seahawks	16	16	483	329	68.1	4,024	8.3	34	8	80t	45	265	110.1	103	553	5.4	24	1
2016	Seahawks	16	16	546	353	64.7	4,219	7.7	21	11	59	41	293	92.6	72	259	3.6	18	1
2017	Seahawks	16	16	553	339	61.3	3,983	7.2	34	11	74t	43	322	95.4	95	586	6.2	31	3
2018	Seahawks	16	16	427	280	65.6	3,448	8.1	35	7	66	51	355	110.9	67	376	5.6	40	0
2019	Seahawks	16	16	516	341	66.1	4,110	8.0	31	5	60t	48	319	106.3	75	342	4.6	21	3
2020	Seahawks	16	16	558	384	68.8	4,212	7.5	40	13	62	47	301	105.1	83	513	6.2	38	2
TOTALS		**144**	**144**	**4,335**	**2,820**	**65.1**	**33,946**	**7.8**	**267**	**81**	**80T**	**394**	**2,572**	**101.7**	**803**	**4,506**	**5.6**	**55**	**21**

RUSSELL WILSON'S NFL POSTSEASON PASSING/RUSHING STATISTICS

				PASSING											RUSHING				
DATE	TEAM	GP	GS	ATT.	CMP.	PCT.	YDS	AVG.	TD	INT.	LG	SK	LST	RATE	NO.	YDS.	AVG.	LG	TD
2012	Seahawks	2	2	62	39	62.9	572	9.2	3	1	34	7	48	102.4	15	127	8.5	28	1
2013	Seahawks	3	3	68	43	63.2	524	7.7	3	0	51	7	22	101.6	11	42	3.8	16	0
2014	Seahawks	3	3	72	41	56.9	724	10.1	6	5	63t	10	58	90.3	17	86	5.1	17	1
2015	Seahawks	2	2	74	44	59.5	508	6.9	4	3	35	7	54	81.4	8	53	6.6	14	0
2016	Seahawks	2	2	60	40	66.7	449	7.5	4	2	42	6	31	97.2	9	46	5.1	14	0
2018	Seahawks	1	1	27	18	66.7	233	8.6	1	0	53	1	7	105.9	3	14	4.7	7	1
2019	Seahawks	2	2	61	39	63.9	602	9.9	2	0	53t	6	19	107.4	16	109	6.8	22	0
2020	Seahawks	1	1	27	11	40.7	174	6.4	2	1	51t	5	32	72.1	4	50	12.5	23	0
TOTALS		**16**	**16**	**451**	**275**	**61.0**	**3,786**	**8.4**	**25**	**12**	**63T**	**49**	**271**	**95.3**	**83**	**527**	**6.3**	**28**	**3**

ADDITIONAL STATS

Receiving: 2014 (1 for 17 yards); 2016 (2 for 14 yards, 7.0 avg., 15 long (TD), 1 TD); **Career:** (3 for 31 yards, 10.3 avg., 17 long, 1 TD)

RUSSELL WILSON'S SINGLE-GAME HIGHS: QUARTERBACK

Pass Attempts	50 at Arizona Cardinals, Oct 25, 2020	**Passer Rating**	158.3 at Detroit Lions, Oct 28, 2018
	...1 more at 50.	**Rush Attempts**	14 vs. New York Giants, Nov 09, 2014
Pass Completions	33 at Arizona Cardinals, Oct 25, 2020	**Rushing Yards**	122 at Washington, Oct 06, 2014
Yards Passing	452 vs. Houston Texans, Oct 29, 2017	**Longest Runs**	55 at Arizona Cardinals, Dec 21, 2014
TD Passes	5 vs. Dallas Cowboys, Sep 27, 2020	**Rushing TDs**	3 at Buffalo Bills, Dec 16, 2012
	...4 more at 5.	**Rushing Average**	15.1 at St. Louis Rams, Oct 19, 2014
Long Passes	80t vs. Pittsburgh Steelers, Nov 29, 2015		
	...2 more at 80.		
Completion Percentage	88.6 at Atlanta Falcons, Sep 13, 2020		

RUSSELL WILSON'S 300-YARD PASSING GAMES (20): REGULAR SEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
10/29/17	TEXANS	26	452	17.4	66	4
09/22/19	SAINTS	32	406	12.7	54	2
11/08/20	at Bills	28	390	13.9	55t	2
10/25/20	at Cardinals	33	388	11.8	47t	3
11/03/19	BUCCANEERS	29	378	13.0	53t	5
09/24/17	at Titans	29	373	12.9	46	4
10/04/20	at Dolphins	24	360	15.0	57	2
12/24/16	CARDINALS	29	350	12.1	42t	4
11/13/16	at Patriots	25	348	13.9	39	3
11/29/15	STEELERS	21	345	16.4	80t	5
12/21/14	at Cardinals	20	339	17.0	80t	2
11/25/18	at Panthers	22	339	15.4	54	2
10/22/17	at Giants	27	334	12.4	38t	3
09/13/20	at Falcons	31	322	10.4	38t	4
09/08/13	at Panthers	25	320	12.8	43t	1
09/27/20	COWBOYS	27	315	11.7	62	5
10/19/14	at Rams	23	313	13.6	49	2
12/02/13	SAINTS	22	310	14.1	60	3
10/02/16	at Jets	23	309	13.4	42t	3
09/15/19	at Steelers	29	300	10.3	30	3

RUSSELL WILSON'S 300-YARD PASSING GAMES (3): POSTSEASON

DATE	TEAM	NO.	YDS.	AVG.	LG	TD
01/13/13	at Falcons	24	385	16.0	34	2
01/17/16	at Panthers	31	366	11.8	33t	3
01/05/20	at Eagles	18	325	18.1	53t	1

RUSSELL WILSON'S 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	**OPPONENT**	**P/S**	**ATT**	**CMP**	**YDS**	**PCT**	**Y/A**	**Y/C**	**TD**	**INT**	**LG**	**SK/YD**	**RATE**	**ATT**	**YDS**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Falcons	S	35	31	322	88.6	9.2	10.4	4	0	38t	3/23	143.1	3	29	28	0	W	38-25
09/20	Patriots	S	28	21	288	75.0	10.3	13.7	5	1	54t	2/13	132.1	5	39	21	0	W	35-30
09/27	Cowboys	S	40	27	315	67.5	7.9	11.7	5	0	62	4/20	130.7	6	22	13	0	W	38-31
10/04	at Dolphins	S	34	24	360	70.6	10.6	15.0	2	1	57	2/17	112.4	4	5	8	0	W	31-23
10/11	Vikings	S	32	20	217	62.5	6.8	10.9	3	1	39	4/27	100.7	5	58	19	0	W	27-26
10/25	at Cardinals	S	50	33	388	66.0	7.8	11.8	3	3	47t	2/16	84.4	6	84	34	0	L	34-37+
11/01	49ers	S	37	27	261	73.0	7.1	9.7	4	0	46t	2/12	128.3	6	23	21	0	W	37-27
11/08	at Bills	S	41	28	390	68.3	9.5	13.9	2	2	55t	5/28	94.6	2	5	4	1	L	34-44
11/15	at Rams	S	37	22	248	59.5	6.7	11.3	0	2	39	6/28	57.0	8	60	15	0	L	16-23
11/19	Cardinals	S	28	23	197	82.1	7.0	8.6	2	0	25t	3/15	119.8	10	42	10	0	W	28-21
11/30	at Eagles	S	31	22	230	71.0	7.4	10.5	1	0	52	2/5	102.9	6	12	10	0	W	23-17
12/06	Giants	S	43	27	263	62.8	6.1	9.7	1	1	28t	5/47	78.0	7	45	19	0	L	12-17
12/13	Jets	S	27	21	206	77.8	7.6	9.8	4	1	20	0/0	122.6	1	-1	-1	0	W	40-3
12/20	at Washington	S	27	18	121	66.7	4.5	6.7	1	1	15	0/0	73.2	6	52	38	0	W	20-15
12/27	Rams	S	32	20	225	62.5	7.0	11.3	1	0	45	5/28	93.9	3	9	6	1	W	20-9
01/03	at 49ers	S	36	20	181	55.6	5.0	9.1	2	0	29	2/22	87.8	5	29	16	0	W	26-23
2020 TOTALS		**16-16**	**558**	**384**	**4,212**	**68.8**	**7.5**	**11.0**	**40**	**13**	**62**	**47/301**	**105.1**	**83**	**513**	**38**	**2**	**12-4**	

+ - Overtime

RUSSELL WILSON'S 2019 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/08	Bengals	S	20	14	195	70.0	9.8	13.9	2	0	44t	4/35	134.4	4	8	5	0	W	21-20
09/15	at Steelers	S	35	29	300	82.9	8.6	10.3	3	0	30	4/26	131.0	6	22	15	0	W	28-26
09/22	Saints	S	50	32	406	64.0	8.1	12.7	2	0	54	0/0	102.6	7	51	18	2	L	27-33
09/29	at Cardinals	S	28	22	240	78.6	8.6	10.9	1	0	32	4/15	114.3	2	7	5	0	W	27-10
10/03	Rams	S	23	17	268	73.9	11.7	15.8	4	0	40t	1/6	151.8	8	32	12	0	W	30-29
10/13	at Browns	S	33	23	295	69.7	8.9	12.8	2	0	30	3/11	117.6	9	31	16t	1	W	32-28
10/20	Ravens	S	41	20	241	48.8	5.9	12.1	1	1	48	1/0	65.2	3	27	11	0	L	16-30
10/27	at Falcons	S	20	14	182	70.0	9.1	13.0	2	0	23	2/11	131.7	4	4	5	0	W	27-20
11/03	Buccaneers	S	43	29	378	67.4	8.8	13.0	5	0	53t	3/31	133.7	1	21	21	0	W	40-34+
11/11	at 49ers	S	34	24	232	70.6	6.8	9.7	1	1	28	5/43	86.9	6	53	18	0	W	27-24+
11/24	at Eagles	S	25	13	200	52.0	8.0	15.4	1	1	38	6/26	75.4	3	15	16	0	W	17-9
12/02	Vikings	S	31	21	240	67.7	7.7	11.4	2	1	60t	2/14	98.9	4	13	7	0	W	37-30
12/08	at Rams	S	36	22	245	61.1	6.8	11.1	0	1	35	5/43	69.8	5	28	17	0	L	12-28
12/15	at Panthers	S	26	20	286	76.9	11.0	14.3	2	0	58	2/12	137.7	3	-1	1	0	W	30-24
12/22	Cardinals	S	31	16	169	51.6	5.5	10.6	1	0	23	5/36	78.6	2	2	6	0	L	13-27
12/29	49ers	S	40	25	233	62.5	5.8	9.3	2	0	24	1/10	95.1	8	29	5	0	L	21-26
2019 TOTALS		**16-16**	**516**	**341**	**4,110**	**66.1**	**8.0**	**12.1**	**31**	**5**	**60T**	**48/319**	**106.3**	**75**	**342**	**21**	**3**	**11-5**	

+ - Overtime

RUSSELL WILSON'S 2018 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/09	at Broncos	S	33	19	298	57.6	9.0	15.7	3	2	66	6/56	92.7	2	5	5	0	L	24-27
09/17	at Bears	S	36	22	226	61.1	6.3	10.3	2	1	34	6/24	86.1	3	17	9	0	L	17-24
09/23	Cowboys	S	26	16	192	61.5	7.4	12.0	2	0	52t	2/10	109.8	2	-1	0	0	W	24-13
09/30	at Cardinals	S	26	19	172	73.1	6.6	9.1	0	0	30	2/12	90.5	4	21	10	0	W	20-17
10/07	Rams	S	21	13	198	61.9	9.4	15.2	3	0	44	2/15	132.5	0	0	0	0	L	31-33
10/14	at Raiders	S	23	17	222	73.9	9.7	13.1	3	1	42	1/8	125.4	6	20	9	0	W	27-3
10/28	at Lions	S	17	14	248	82.4	14.6	17.7	3	0	45	2/11	158.3	2	15	11	0	W	28-14
11/04	Chargers	S	39	26	235	66.7	6.0	9.0	2	1	42	4/33	89.2	5	41	16	0	L	17-25
11/11	at Rams	S	26	17	176	65.4	6.8	10.4	3	0	29	4/35	123.2	9	92	21	0	L	31-36
11/15	Packers	S	31	21	225	67.7	7.3	10.7	2	0	34	3/20	110.3	5	17	12	0	W	27-24
11/25	at Panthers	S	31	22	339	71.0	10.9	15.4	2	0	54	2/17	128.3	3	4	7	0	W	30-27
12/02	49ers	S	17	11	185	64.7	10.9	16.8	4	0	52t	3/22	140.9	4	14	7	0	W	43-16
12/10	Vikings	S	20	10	72	50.0	3.6	7.2	0	1	14	2/12	37.9	7	61	40	0	W	21-7
12/16	at 49ers	S	31	23	237	74.2	7.6	10.3	2	0	35t	3/20	117.3	5	15	5	0	L	23-26+
12/23	Chiefs	S	29	18	271	62.1	9.3	15.1	3	0	45	3/17	127.2	8	57	26	0	W	38-31
12/30	Cardinals	S	21	12	152	57.1	7.2	12.7	1	1	37	6/43	75.9	2	-2	1	0	W	27-24
2018 TOTALS		**16-16**	**427**	**280**	**3,448**	**65.6**	**8.1**	**12.3**	**35**	**7**	**66**	**51/355**	**110.9**	**67**	**376**	**40**	**0**	**10-6**	

+ - Overtime

RUSSELL WILSON'S 2017 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/10	at Packers	S	27	14	158	51.9	5.9	11.3	0	0	34	3/23	69.7	2	40	29	0	L	9-17
09/17	49ers	S	39	23	198	59.0	5.1	8.6	1	0	22	3/17	80.9	12	34	11	0	W	12-9
09/24	at Titans	S	49	29	373	59.2	7.6	12.9	4	0	46	1/9	110.3	7	26	11	0	L	27-33
10/01	Colts	S	26	21	295	80.8	11.3	14.0	2	2	41	3/12	107.5	4	38	23t	1	W	46-18
10/08	at Rams	S	37	24	198	64.9	5.4	8.3	1	1	21	3/19	76.2	5	16	9	0	W	16-10
10/22	at Giants	S	39	27	334	69.2	8.6	12.4	3	0	38t	1/13	121.1	2	10	7	0	W	24-7
10/29	Texans	S	41	26	452	63.4	11.0	17.4	4	1	66	2/6	123.2	4	30	21	0	W	41-38
11/05	Washington	S	45	24	297	53.3	6.6	12.4	2	2	30t	2/8	70.3	10	77	13	0	L	14-17
11/09	at Cardinals	S	32	22	238	68.8	7.4	10.8	2	0	54	5/26	111.2	5	19	10	0	W	22-16
11/20	Falcons	S	42	26	258	61.9	6.1	9.9	2	1	29t	3/30	85.2	7	86	17	1	L	31-34
11/26	at 49ers	S	34	20	228	58.8	6.7	11.4	2	1	26	0/0	86.4	7	25	11	1	W	24-13
12/03	Eagles	S	31	20	227	64.5	7.3	11.4	3	0	47	2/18	118.6	6	31	10	0	W	24-10
12/10	at Jaguars	S	31	17	271	54.8	8.7	15.9	3	3	74t	2/11	76.9	5	50	19	0	L	24-30
12/17	Rams	S	30	14	142	46.7	4.7	10.1	1	0	26t	7/71	71.8	5	39	15	0	L	7-42
12/24	at Cowboys	S	21	14	93	66.7	4.4	6.6	2	0	20	3/33	107.8	9	29	14	0	W	21-12
12/31	Cardinals	S	29	18	221	62.1	7.6	12.3	2	0	29t	3/26	108.5	5	36	31	0	L	24-26
2017 TOTALS		**16-16**	**553**	**339**	**3,983**	**61.3**	**7.2**	**11.7**	**34**	**11**	**74T**	**43/322**	**95.4**	**95**	**586**	**31**	**3**	**9-7**	

RUSSELL WILSON'S 2016 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L/T	SCORE
09/11	Dolphins	S	43	27	258	62.8	6.0	9.6	1	1	24	3/18	77.5	4	16	9	0	W	12-10
09/18	at Rams	S	35	22	254	62.9	7.3	11.5	0	0	53	2/15	84.7	5	14	8	0	L	3-9
09/25	49ers	S	23	15	243	65.2	10.6	16.2	1	0	59	2/17	114.9	1	3	3	0	W	37-18
10/02	at Jets	S	32	23	309	71.9	9.7	13.4	3	0	42t	2/21	133.5	5	-5	2	0	W	27-17
10/16	Falcons	S	37	25	270	67.6	7.3	10.8	0	0	25	1/9	88.8	6	7	6	0	W	26-24
10/23	at Cardinals	S	37	24	225	64.9	6.1	9.4	0	0	31	1/20	81.5	1	-2	-2	0	T	6-6+
10/30	at Saints	S	34	22	253	64.7	7.4	11.5	0	1	27	1/11	74.8	3	11	5	0	L	20-25
11/07	Bills	S	26	20	282	76.9	10.8	14.1	2	0	50	4/37	137.0	3	10	8	1	W	31-25
11/13	at Patriots	S	37	25	348	67.6	9.4	13.9	3	0	39	3/24	124.6	3	6	6	0	W	31-24
11/20	Eagles	S	31	18	272	58.1	8.8	15.1	1	0	44	1/0	97.8	8	19	7	0	W	26-15
11/27	at Buccaneers	S	33	17	151	51.5	4.6	8.9	0	2	21	6/33	38.8	8	80	17	0	L	5-14
12/04	Panthers	S	36	26	277	72.2	7.7	10.7	1	1	40	3/21	92.0	3	29	18	0	W	40-7
12/11	at Packers	S	39	22	240	56.4	6.2	10.9	1	5	31	3/22	43.7	4	19	8	0	L	10-38
12/15	Rams	S	26	19	229	73.1	8.8	12.1	3	1	57t	2/2	122.1	6	12	9	0	W	24-3
12/24	Cardinals	S	45	29	350	64.4	7.8	12.1	4	0	42t	6/37	117.8	10	36	15	0	L	31-34
01/01	at 49ers	S	32	19	258	59.4	8.1	13.6	1	0	42	1/6	95.6	2	4	4	0	W	25-23
2016 TOTALS		**16-16**	**546**	**353**	**4,219**	**64.7**	**7.7**	**12.0**	**21**	**11**	**59**	**41/293**	**92.6**	**72**	**259**	**18**	**1**	**10-5-1**	

+ - Overtime

RUSSELL WILSON'S 2015 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/13	at Rams	S	41	32	251	78.0	6.1	7.8	1	1	23	6/32	90.1	8	31	10	0	L	31-34+
09/20	at Packers	S	30	19	206	63.3	6.9	10.8	2	1	32	2/1	91.8	10	78	17	0	L	17-27
09/27	Bears	S	30	20	235	66.7	7.8	11.8	1	0	30t	4/23	101.4	6	28	13	0	W	26-0
10/05	Lions	S	26	20	287	76.9	11.0	14.4	1	0	50	6/52	125.0	10	40	15	0	W	13-10
10/11	at Bengals	S	23	15	213	65.2	9.3	14.2	1	1	46	4/16	91.4	3	21	9	0	L	24-27+
10/18	Panthers	S	30	18	241	60.0	8.0	13.4	1	0	45	4/22	96.7	8	53	24	0	L	23-27
10/22	at 49ers	S	24	18	235	75.0	9.8	13.1	1	2	43t	5/23	84.5	7	20	9	0	W	20-3
11/01	at Cowboys	S	30	19	210	63.3	7.0	11.1	1	1	22t	0/0	81.2	6	32	10	0	W	13-12
11/15	Cardinals	S	32	14	240	43.8	7.5	17.1	1	1	40	2/12	67.2	6	52	20	0	L	32-39
11/22	49ers	S	29	24	260	82.8	9.0	10.8	3	0	31t	2/7	138.5	9	30	8	0	W	29-13
11/29	Steelers	S	30	21	345	70.0	11.5	16.4	5	0	80t	2/9	147.9	4	14	10	0	W	39-30
12/06	at Vikings	S	27	21	274	77.8	10.1	13.0	3	0	53t	1/8	146.0	9	51	14	1	W	38-7
12/13	at Ravens	S	32	23	292	71.9	9.1	12.7	5	0	49t	0/0	139.6	1	6	6	0	W	35-6
12/20	Browns	S	30	21	249	70.0	8.3	11.9	3	0	39	2/8	128.3	5	46	16	0	W	30-13
12/27	Rams	S	41	25	289	61.0	7.0	11.6	2	1	28	4/36	88.4	6	38	20	0	L	17-23
01/03	at Cardinals	S	28	19	197	67.9	7.0	10.4	3	0	36	1/16	123.7	5	13	9	0	W	36-6
2015 TOTALS		**16-16**	**483**	**329**	**4,024**	**68.1**	**8.3**	**12.2**	**34**	**8**	**80T**	**45/265**	**110.1**	**103**	**553**	**24**	**1**	**10-6**	

+ - Overtime

RUSSELL WILSON'S 2014 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/04	Packers	S	28	19	191	67.9	6.8	10.1	2	0	33t	1/0	110.9	7	29	13	0	W	36-16
09/14	at Chargers	S	25	17	202	68.0	8.1	11.9	2	0	32	2/22	119.1	2	18	13	0	L	21-30
09/21	Broncos	S	34	24	258	70.6	7.6	10.8	2	1	39t	3/20	99.9	9	40	9	0	W	26-20+
10/06	at Washington	S	24	18	201	75.0	8.4	11.2	2	0	36	3/23	127.3	11	122	29	1	W	27-17
10/12	Cowboys	S	28	14	126	50.0	4.5	9.0	0	1	53	2/0	47.6	2	12	9t	1	L	23-30
10/19	at Rams	S	36	23	313	63.9	8.7	13.6	2	0	49	3/21	110.1	7	106	52	1	L	26-28
10/26	at Panthers	S	32	20	199	62.5	6.2	10.0	1	1	23t	1/8	77.5	6	35	15	0	W	13-9
11/02	Raiders	S	35	17	179	48.6	5.1	10.5	0	0	39	1/2	63.9	8	31	19	0	W	30-24
11/09	Giants	S	17	10	172	58.8	10.1	17.2	0	2	60	2/12	53.7	14	107	26	1	W	38-17
11/16	at Chiefs	S	32	20	178	62.5	5.6	8.9	2	0	27	2/10	98.2	8	71	14	0	L	20-24
11/23	Cardinals	S	22	17	211	77.3	9.6	12.4	1	0	48	7/42	121.6	10	73	40	0	W	19-3
11/27	at 49ers	S	22	15	236	68.2	10.7	15.7	1	0	63	4/14	118.8	7	35	12	0	W	19-3
12/07	at Eagles	S	37	22	263	59.5	7.1	12.0	2	0	25	2/11	99.3	10	48	26t	1	W	24-14
12/14	49ers	S	24	12	168	50.0	7.0	14.0	1	1	47	5/30	69.4	5	27	19	0	W	17-7
12/21	at Cardinals	S	31	20	339	64.5	10.9	17.0	2	0	80t	1/10	122.9	6	88	55	1	W	35-6
12/28	Rams	S	25	17	239	68.0	9.6	14.1	0	1	38	3/17	81.9	6	7	6	0	W	20-6
2014 TOTALS		**16-16**	**452**	**285**	**3,475**	**63.1**	**7.7**	**12.2**	**20**	**7**	**80T**	**42/242**	**95.0**	**118**	**849**	**55**	**6**	**12-4**	

+ - Overtime

RUSSELL WILSON'S 2013 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/08	at Panthers	S	33	25	320	75.8	9.7	12.8	1	0	43t	2/20	115.7	5	7	7	0	W	12-7
09/15	49ers	S	19	8	142	42.1	7.5	17.8	1	1	51	4/24	63.9	10	33	11	0	W	29-3
09/22	Jaguars	S	21	14	202	66.7	9.6	14.4	4	1	30	2/8	117.5	2	14	10	0	W	45-17
09/29	at Texans	S	23	12	123	52.2	5.3	10.3	0	1	24	5/32	49.7	10	77	25	0	W	23-20+
10/06	at Colts	S	31	15	210	48.4	6.8	14.0	2	1	28t	2/5	78.7	13	102	22	0	L	28-34
10/13	Titans	S	31	23	257	74.2	8.3	11.2	0	0	55	2/4	98.5	10	61	23	0	W	20-13
10/17	at Cardinals	S	29	18	235	62.1	8.1	13.1	3	0	32	3/26	122.1	8	29	11	0	W	34-22
10/28	at Rams	S	18	10	139	55.6	7.7	13.9	2	0	80t	7/48	117.6	3	16	17	0	W	14-9
11/03	Buccaneers	S	26	19	217	73.1	8.3	11.4	2	2	28	0/0	91.3	6	36	16	1	W	27-24+
11/10	at Falcons	S	26	19	287	73.1	11.0	15.1	2	0	46	1/8	134.6	3	20	10	0	W	33-10
11/17	Vikings	S	18	13	230	72.2	12.8	17.7	2	0	44	1/6	151.4	2	14	12	0	W	41-20
12/02	Saints	S	30	22	310	73.3	10.3	14.1	3	0	60	1/8	139.6	8	47	15	0	W	34-7
12/08	at 49ers	S	25	15	199	60.0	8.0	13.3	1	1	39t	2/21	81.9	1	2	2	0	L	17-19
12/15	at Giants	S	27	18	206	66.7	7.6	11.4	1	1	30	4/29	86.3	8	50	16	0	W	23-0
12/22	Cardinals	S	27	11	108	40.7	4.0	9.8	1	1	28	4/19	49.6	2	32	27	0	L	10-17
12/29	Rams	S	23	15	172	65.2	7.5	11.5	1	0	47t	4/14	102.1	5	-1	8	0	W	27-9
2013 TOTALS		**16-16**	**407**	**257**	**3,357**	**63.1**	**8.2**	**13.1**	**26**	**9**	**80T**	**44/272**	**101.2**	**96**	**539**	**27**	**1**	**13-3**	

+ - Overtime

RUSSELL WILSON'S 2012 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
09/09	at Cardinals	S	34	18	153	52.9	4.5	8.5	1	1	27	3/14	62.5	8	20	5	0	L	16-20
09/16	Cowboys	S	20	15	151	75.0	7.6	10.1	1	0	22t	2/18	112.7	4	28	14	0	W	27-7
09/24	Packers	S	21	10	130	47.6	6.2	13.0	2	0	41t	1/19	99.3	3	18	12	0	W	14-12
09/30	at Rams	S	25	17	160	68.0	6.4	9.4	0	3	17	2/20	45.8	7	14	8	0	L	13-19
10/07	at Panthers	S	25	19	221	76.0	8.8	11.6	1	2	30	2/9	82.3	5	12	9	0	W	16-12
10/14	Patriots	S	27	16	293	59.3	10.9	18.3	3	0	51	2/10	133.7	5	17	9	0	W	24-23
10/18	at 49ers	S	23	9	122	39.1	5.3	13.6	0	1	36	2/7	38.7	3	10	9	0	L	6-13
10/28	at Lions	S	35	25	236	71.4	6.7	9.4	2	1	19	0/0	96.8	1	9	9	0	L	24-28
11/04	Vikings	S	24	16	173	66.7	7.2	10.8	3	0	23	1/8	127.3	9	27	13	0	W	30-20
11/11	Jets	S	19	12	188	63.2	9.9	15.7	2	0	38t	4/22	131.0	7	34	18	0	W	28-7
11/25	at Dolphins	S	27	21	224	77.8	8.3	10.7	2	0	32	2/8	125.9	5	38	20	0	L	21-24
12/02	at Bears	S	37	23	293	62.2	7.9	12.7	2	0	49	2/10	104.9	9	71	13	0	W	23-17+
12/09	Cardinals	S	13	7	148	53.8	11.4	21.1	1	1	67	1/7	88.0	3	12	6	0	W	58-0
12/16	at Bills	S	23	14	205	60.9	8.9	14.6	1	0	44	2/9	104.4	9	92	25t	3	W	50-17
12/23	49ers	S	21	15	171	71.4	8.1	11.4	4	1	43	1/1	115.3	6	29	9	0	W	42-13
12/30	Rams	S	19	15	250	78.9	13.2	16.7	1	0	49	6/41	136.3	10	58	15	1	W	20-13
2012 TOTALS		**16-16**	**393**	**252**	**3,118**	**64.1**	**7.9**	**12.4**	**26**	**10**	**67**	**33/203**	**100.0**	**94**	**489**	**25T**	**4**	**11-5**	

+ - Overtime

RUSSELL WILSON'S 2020 GXG POSTSEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
01/09	Rams	S	27	11	174	40.7	6.4	15.8	2	1	51t	5/32	72.1	4	50	23	0	L	20-30
2020 TOTALS		**1-1**	**27**	**11**	**174**	**40.7**	**6.4**	**15.8**	**2**	**1**	**51T**	**5/32**	**72.1**	**4**	**50**	**23**	**0**	**0-1**	

RUSSELL WILSON'S 2019 GXG POSTSEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
01/05	at Eagles	S	30	18	325	60.0	10.8	18.1	1	0	53t	1/7	108.3	9	45	22	0	W	17-9
01/12	at Packers	S	31	21	277	67.7	8.9	13.2	1	0	31	5/12	106.5	7	64	22	0	L	23-28
2019 TOTALS		**2-2**	**61**	**39**	**602**	**63.9**	**9.9**	**15.4**	**2**	**0**	**53T**	**6/19**	**107.4**	**16**	**109**	**22**	**0**	**1-1**	

RUSSELL WILSON'S 2018 GXG POSTSEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
01/05	at Cowboys	S	27	18	233	66.7	8.6	12.9	1	0	53	1/7	105.9	3	14	7	1	L	22-24
2018 TOTALS		**1-1**	**27**	**18**	**233**	**66.7**	**8.6**	**12.9**	**1**	**0**	**53**	**1/7**	**105.9**	**3**	**14**	**7**	**1**	**0-1**	

RUSSELL WILSON'S 2016 GXG POSTSEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
01/07	Lions	S	30	23	224	76.7	7.5	9.7	2	0	42	3/14	119.3	3	-3	-1	0	W	26-6
01/14	at Falcons	S	30	17	225	56.7	7.5	13.2	2	2	40	3/17	75.0	6	49	14	0	L	20-36
2016 TOTALS		**2-2**	**60**	**40**	**449**	**66.7**	**7.5**	**11.2**	**4**	**2**	**42**	**6/31**	**97.2**	**9**	**46**	**14**	**0**	**1-1**	

RUSSELL WILSON'S 2015 GXG POSTSEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
01/10	at Vikings	S	26	13	142	50.0	5.5	10.9	1	1	35	2/13	63.3	5	21	11	0	W	10-9
01/17	at Panthers	S	48	31	366	64.6	7.6	11.8	3	2	33t	5/41	91.1	3	32	14	0	L	24-31
2015 TOTALS		**2-2**	**74**	**44**	**508**	**59.5**	**6.9**	**11.5**	**4**	**3**	**35**	**7/54**	**81.4**	**8**	**53**	**14**	**0**	**1-1**	

RUSSELL WILSON'S 2014 GXG POSTSEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
01/10	Panthers	S	22	15	268	68.2	12.2	17.9	3	0	63t	2/20	149.2	7	22	14	0	W	31-17
01/18	Packers	S	29	14	209	48.3	7.2	14.9	1	4	35t	5/25	44.3	7	25	15	1	W	28-22+
02/01	Patriots	S	21	12	247	57.1	11.8	20.6	2	1	45	3/13	110.6	3	39	17	0	L	24-28
2014 TOTALS		**3-3**	**72**	**41**	**724**	**56.9**	**10.1**	**17.7**	**6**	**5**	**63T**	**10/58**	**90.3**	**17**	**86**	**17**	**1**	**2-1**	

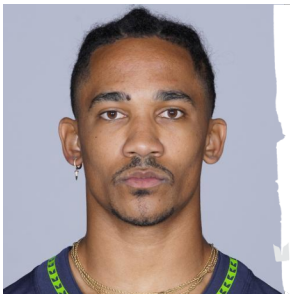
+ - Overtime

RUSSELL WILSON'S 2013 GXG POSTSEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
01/11	Saints	S	18	9	103	50.0	5.7	11.4	0	0	25	3/0	67.6	3	16	8	0	W	23-15
01/19	49ers	S	25	16	215	64.0	8.6	13.4	1	0	51	4/22	104.6	5	0	3	0	W	23-17
02/02	at Broncos	S	25	18	206	72.0	8.2	11.4	2	0	37	0/0	123.1	3	26	16	0	W	43-8
2013 TOTALS		**3-3**	**68**	**43**	**524**	**63.2**	**7.7**	**12.2**	**3**	**0**	**51**	**7/22**	**101.6**	**11**	**42**	**16**	**0**	**3-0**	

RUSSELL WILSON'S 2012 GXG POSTSEASON STATISTICS (SEAHAWKS)

			PASSING											RUSHING					
DATE	OPPONENT	P/S	ATT	CMP	YDS	PCT	Y/A	Y/C	TD	INT	LG	SK/YD	RATE	ATT	YDS	LG	TD	W/L	SCORE
01/06	at Washington	S	26	15	187	57.7	7.2	12.5	1	0	33	5/31	92.9	8	67	28	0	W	24-14
01/13	at Falcons	S	36	24	385	66.7	10.7	16.0	2	1	34	2/17	109.1	7	60	17	1	L	28-30
2012 TOTALS		**2-2**	**62**	**39**	**572**	**62.9**	**9.2**	**14.7**	**3**	**1**	**34**	**7/48**	**102.4**	**15**	**127**	**28**	**1**	**1-1**	



2 | CORNERBACK

AHKELLO WITHERSPOON

Height: 6-3 **Weight:** 195
College: Colorado
Seasons: NFL : 5th, Seahawks 1st
Born: March 21, 1995
Pronunciation: uh-KELL-oh

TRANSACTIONS:

04/28/17: Drafted by San Francisco (3rd round, 66th overall)
12/19/18: Placed on injured reserve (knee)
03/19/21: Signed by Seattle as a UFA

NFL CAREER HIGHLIGHTS:

• Started 33 of 47 games played for San Francisco over four seasons (2017-20). Recorded 116 tackles (98 solo), four interceptions, returning one for a touchdown in 2019, and 24 passes defensed.

COLLEGE: Played in 37 games with 21 starts for the Buffaloes. He played in all 14 games with 12 starts his senior year at right cornerback, earning second-team All-Pac-12 honors from both the Associated Press and the league coaches. He led the nation in pass breakups with 23 on the year, the most in Colorado single-season history. In three seasons, totaled 76 tackles (65 solo), three interceptions and 30 passes defensed. Spent one season at Sacramento City College (2013) before transferring to Colorado. Registered a 40.5" vertical jump at the 2017 NFL Combine, the highest registered among all cornerbacks and third-highest among all defensive backs.

PERSONAL: Began playing football as a high school senior at Christian Brothers High in 2012. Grew up playing basketball with NFL lineman Arik Armstead and trained with his father, Guss. Has a passion for medicine and wants to attend medical school after his career in the NFL. Witherspoon got his musical talents playing the drums and singing from his grand-father, Jimmy Witherspoon, who was a renowned blues/jazz musician and singer whose hits, including "Ain't Nobody's Business" which reached number one on the U.S. R&B charts in 1949. Not only was Witherspoon's father, Lucky, was a running back at the University of Nevada and was invited to a tryout with the Dallas Cowboys. A multi-sport athlete growing up, Witherspoon excelled in soccer as a midfielder and as an outfielder and pitcher in baseball. He picked up soccer at the age of five in order to be more like his older sister, Alexis. Witherspoon credits soccer for teaching him footwork and body awareness skills that have translated to the football field.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
11/1/18	SF vs. OAK	W	S	1	1	0	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/0**	**1/1**	**1**	**1**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

AHKELLO WITHERSPOON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2017	49ers	12	9	32	28	4	0	0	0.0	0.0	0	2	42	23	0	7	1	0	0	0	0	0	0	0	0	0
2018	49ers	14	12	37	30	7	0	0	0.0	0.0	0	0	0	0	0	4	0	0	0	0	0	0	0	1	0	0
2019	49ers	10	8	28	24	4	1	2	0.0	0.0	0	1	25	25t	1	9	0	0	0	0	0	0	0	0	0	0
2020	49ers	11	4	19	16	3	1	1	0.0	0.0	0	1	0	0	0	4	0	0	0	1	1	0	0	0	0	0
NFL TOTALS		**47**	**33**	**116**	**98**	**18**	**2**	**3**	**0.0**	**0.0**	**0**	**4**	**67**	**25T**	**1**	**24**	**1**	**0**	**0**	**1**	**1**	**0**	**0**	**1**	**0**	**0**

AHKELLO WITHERSPOON'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2019	49ers	3	1	1	1	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	3	1	2	0	0	0	0
NFL TOTALS		**3**	**1**	**1**	**1**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**3**	**1**	**2**	**0**	**0**	**0**	**0**

AHKELLO WITHERSPOON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	7 at Arizona Cardinals, Dec 26, 2020	**Interceptions**	1 at Arizona Cardinals, Dec 26, 2020
Passes Defensed	3 at Tampa Bay Buccaneers, Sep 08, 2019		...3 more at 1.
Forced Fumbles	1 at Los Angeles Rams, Dec 31, 2017	**Interception Return Yards**	25 at Tampa Bay Buccaneers, Sep 08, 2019
Tackles For Loss	1 at Arizona Cardinals, Dec 26, 2020	**Special Teams Tackles**	1 at New England Patriots, Oct 25, 2020
	...1 more at 1.	**Special Teams Fumble Recoveries**	1 at Minnesota Vikings, Sep 09, 2018

49 | TIGHT END

DOM WOOD-ANDERSON

Height: 6-4 **Weight:** 257
College: Tennessee
Seasons: NFL : 1st, Seahawks 1st
Born: February 9, 1998
Hometown: San Diego, Calif.

TRANSACTIONS:

05/04/20: Signed by Seattle as a UDFA
07/26/20: Released by Seattle
06/16/21: Signed by Seattle as a FA

Spent two seasons at Arizona Western Community College before playing two years for the Volunteers. Caught 38 passes for 408 yards and three touchdowns in two seasons at Tennessee, starting 17 of 24 games played. At Arizona Western, rated as a four-star recruit and the nation's No. 1 junior college tight end prospect. Posted 31 receptions for 258 yards and two touchdowns in 2017, and was named to the All-Western States Football League first-team, All-Arizona Community College Athletic Conference first-team and helped lead the Matadors to the 2017 NJCAA Championship game. Majored in communications.

93 AL WOODS

DEFENSIVE TACKLE

Height: 6-4	Weight: 330
College:	LSU
Seasons:	NFL : 11th, Seahawks 3rd
Born:	March 25, 1987
Hometown:	Jennings, La.

TRANSACTIONS:

04/24/10: Drafted by New Orleans (4th round, 123rd overall)
09/05/10: Waived by New Orleans
09/08/10: Signed to Pittsburgh's PS
11/03/10: Signed byTampa Bay as FA
09/03/11: Waived by Tampa Bay
09/04/11: Claimed off waivers by Seattle
11/08/11: Waived by Seattle
11/09/11: Claimed off waivers by Pittsburgh
03/13/14: Signed by Tennessee as UFA
03/14/16: Signed by Tennessee as UFA
03/08/17: Released by Tennessee
03/17/17: Signed by Indianapolis as FA
12/18/18: Placed on IR (foot)
03/13/19: Contract expired
05/13/19: Signed by Seattle as FA
12/20/19: Suspended by Commissioner-Less than One Year
01/13/20: Suspension lifted by Commissioner
04/08/20: Signed by Jacksonville as a UFA
07/31/20: Placed on Reserve/COVID-19 Opt-Out List
03/17/21: Contract Terminated by Jacksonville
04/05/21: Signed by Seattle as a FA

CAREER HIGHLIGHTS:

• Spent the 2020 season on Jacksonville's COVID-19 opt-out list.

• In his return to Seattle in 2019, started five of 14 games played and had the second-best statistical season of his career with 32 tackles (16 solo), three tackles for loss and one sack.

• Has played for five teams in his 10 seasons, including playing two games with Seattle in 2011

• Started all 16 games at nose tackle for the first time in his career in 2017 for the Colts and posted a career-high 44 tackles (20 solo), 1.0 sack, five tackles for loss and two quarterback hits

• In 2015 for Tennessee, played in 15 games (nine starts) and combined for 31 tackles (14 solo), three tackles for loss and one quarterback hit

COLLEGE: Appeared in 41 career games (16 starts) over the course of his four seasons at LSU (2006-09), compiling 73 tackles (35 solo), 8.0 TFLs, 3.5 sacks, two passes defensed, one QB hit and three fumble recoveries. Started all 13 games as a senior in 2009, recording a career-best 33 tackles (15 solo), 5.5 TFLs, 1.0 sack, two passes defensed and a blocked field goal that was returned for a TD by teammate Patrick Peterson. Appeared in 10 games with three starts as a junior in 2008, tallying 11 tackles (four solo). Saw action in 12 games, including the BCS National Championship Game, as a sophomore in 2007. Played in six games, including the Sugar Bowl, as a true freshman in 2006.

PERSONAL: Attended Elton (La.) High School and earned All-America honors as a senior by Parade Magazine, USA TODAY and Reebok. Represented the state of Louisiana in the U.S. Army All-American Bowl. Finished senior season with 109 tackles and 12.0 TFLs. Also played O-line. Logged 100 tackles and 11.0 TFLs as a junior. Received first-team all-state and all-district honors in each of his last two seasons. Majored in general studies with concentrations in African-American studies, communication studies and sports studies. Born in Jennings, La.

REGULAR SEASON COMPARISON: DEFENSIVE - LAS VEGAS RAIDERS

				TACKLES										MISC	
DATE	OPP	W/L	GP/GS	TOT	SOLO	ASST	SACK	YDS.	INT	TFL	PD	QBH	TD	FF	FR
9/25/16	TEN vs. OAK	L	P	2	0	2	0.0	0.0	0	0	0	0	0	0	0
10/28/18	IND @ OAK	W	S	2	0	2	0.0	0.0	0	0	0	0	0	0	0
TOTALS		**1/1**	**2/1**	**4**	**0**	**4**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

AL WOODS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2010	Buccaneers	9	0	17	12	5	0	0	0.5	2.5	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2011	Seahawks	2	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Went from **Seattle** to **Pittsburgh**.																										
2011	Steelers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2011	TOTAL	2	0	2	1	1	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2012	Steelers	12	0	3	1	2	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2013	Steelers	16	2	16	8	8	1	6	2.0	6.0	3	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
2014	Titans	16	1	26	13	13	3	14	1.0	7.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2015	Titans	14	9	22	14	8	3	7	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2016	Titans	12	7	18	14	4	2	2	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2017	Colts	16	16	44	20	24	5	18	1.0	7.0	2	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Colts	14	8	24	10	14	1	2	0.0	0.0	2	0	0	0	0	1	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	14	5	32	16	16	3	8	1.0	5.0	1	0	0	0	0	0	0	2	5	0	0	0	0	0	0	0
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**125**	**48**	**204**	**109**	**95**	**18**	**57**	**5.5**	**27.5**	**11**	**0**	**0**	**0**	**0**	**3**	**0**	**2**	**5**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

AL WOODS' NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	**TEAM**	**GP**	**GS**	**TK**	**S**	**A**	**TFL**	**YDS**	**SK**	**YDS**	**QBH**	**NO**	**YDS**	**LG**	**TD**	**PD**	**FF**	**FR**	**YDS**	**TK**	**S**	**A**	**FF**	**FR**	**S**	**A**
2011	Steelers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2018	Colts	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2019	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

AL WOODS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	6 at San Francisco 49ers, Nov 11, 2019	**Fumble Recoveries**	1 at Philadelphia Eagles, Nov 24, 2019
Sacks	2.0 at Cleveland Browns, Nov 24, 2013		...1 more at 1.
Passes Defensed	1 vs. Buffalo Bills, Oct 21, 2018	**Tackles For Loss**	2 at San Francisco 49ers, Nov 11, 2019
	...2 more at 1.		...1 more at 2.

56 | LINEBACKER

JORDYN BROOKS

Height: 6-0 **Weight:** 240
College: Texas Tech
Seasons: NFL : 2nd, Seahawks 2nd
Born: October 21, 1997
Hometown: Houston, Texas

TRANSACTIONS:

04/23/20: Drafted by Seattle (1st round, 27th overall)

NFL CAREER HIGHLIGHTS:

• Started seven of 14 games played his rookie season, ending the season starting five of the last six ball games.

COLLEGE: Closed his Red Raiders career as one of the top linebackers in the country, putting together one of the best seasons by a Red Raider in school history. Ended his Red Raiders tenure ranked seventh all-time with 367 career tackles, starting 45 of 47 career games. Named a second-team All-American by the Associated Press, the Walter Camp Foundation, the Football Writers Association of America (FWAA), the American Football Coaches Association (AFCA) and Pro Football Focus. Became the first Red Raiders linebacker to be named a first or second-team All-American since Ring of Honor member Zach Thomas in 1994-95. Tabbed the Defensive Player of the Year for the state of Texas by Dave Campbell's Texas Football. Was one of six finalists for the prestigious Butkus Award, which is presented to the nation's top linebacker and was the only Big 12 linebacker to be recognized as a Butkus finalist. Also tabbed an All-Big 12 first-team selection by the conference coaches and named a semifinalist for the Chuck Bednarik Award (nation's top defensive player). Appeared and started in 11 of 12 games as a senior. Still managed to record 108 tackles (66 solo), including 20 tackles for loss. It marked the most tackles in a season by a Red Raider since Micah Awe totaled 126 during the 2015 campaign. His 20 tackles for a loss were the most by a Red Raider in a season since Adell Duckett set the school record in 2003. He was the team leader in tackles, tackles for a loss, quarterback hurries (12) and fumble recoveries (2). Became the first Red Raider since Lawrence Flugence and Ryan Aycock in 2002 to start a season with 10 or more tackles in each of the first three games.

PERSONAL: Attended Stratford High in Houston. Played three years of varsity football and was a two-time District 19-5A first-team selection. Finished his senior season with 63 total tackles (43 solo), 1.0 sack, four pass deflections and 6.0 tackles for loss. Led the Stratford Spartans to a 10-2 overall record, an undefeated 7-0 record in its Class 5A District 19 and an eight-game win streak during the 2015 season, which ended with a 14-6 loss at Temple in the state playoffs. Accumulated 44 total tackles (35 solo) with four tackles for loss and three pass breakups during junior season. Guided the Spartans to an 8-4 overall record, 7-0 district record and state playoff berth as a junior. Three-star recruit who ranked as the nation's no. 57 linebacker and Texas' No. 9 linebacker by Scout.com. Was rated as a three-star recruit, the nation's No. 104 outside linebacker and No. 175 overall recruit in the state by 247Sports. Majored in university studies.

JORDYN BROOKS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	14	7	57	35	22	2	1	0.0	0.0	0	0	0	0	0	2	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**14**	**7**	**57**	**35**	**22**	**2**	**1**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**2**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JORDYN BROOKS' NFL POSTSEASON DEFENSIVE STATISTICS

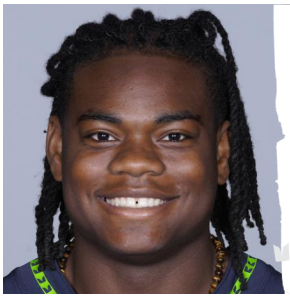
				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	1	8	5	3	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**1**	**8**	**5**	**3**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

JORDYN BROOKS' SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles 11 vs. New York Giants, Dec 06, 2020

Passes Defensed 1 at Philadelphia Eagles, Nov 30, 2020
...1 more at 1.

Tackles For Loss 1 vs. Los Angeles Rams, Dec 27, 2020
...1 more at 1.



31 | RUNNING BACK

DEEJAY DALLAS

Height: 5-10	**Weight: 214**
College:	**Miami**
Seasons:	**NFL : 2nd, Seahawks 2nd**
Born:	**September 16, 1998**
Hometown:	**Brunswick, Ga.**

TRANSACTIONS:

04/25/20: Drafted by Seattle (4th round, 144th overall)

NFL CAREER HIGHLIGHTS:

• Started two of 12 games played due to injuries mid-season to Chris Carson, Carlos Hyde and Travis Homer.

COLLEGE: Started 10 of 35 games played for the Hurricanes in his three seasons. Carried 265 times for 1,527 yards and 17 touchdowns in his career. Made the switch from wide receiver mid-way through his freshman year. Started all 10 games in which he played in first season as team's primary back in 2019. Rushed for a team-high 693 yards on 115 carries and finished with eight rushing touchdowns and ranked second on the Hurricanes with 846 all-purpose yards despite missing three games. Delivered standout sophomore season, compiling team-best 1,260 all-purpose yards, seeing action in all 13 games. Ranked second with 617 rushing yards on 109 carries and tied for team lead with six rushing touchdowns. Had a long rush of 83 yards, marking the sixth-longest rush from scrimmage in program history.

PERSONAL: Attended Glynn Academy and was a consensus four-star prospect by 247Sports, ESPN, Rivals and Scout. Played quarterback, receiver, running back and defensive back. Also returned punts and kick. Ranked as the No. 15 athlete nationwide by Rivals and No. 196 overall prospect regardless of position. Led Terrors to an 11-2 record in final year and rushed for 168 yards to go along with 135 passing yards in final game of high school career in state quarterfinals. Rushed for 1,139 yards and 13 touchdowns during junior year and added 678 passing yards and seven passing touchdowns.

DEEJAY DALLAS' NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	**TEAM**	**GP**	**GS**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**
2020	Seahawks	12	2	34	108	3.2	13	2	17	111	6.5	13	1
NFL TOTALS		**12**	**2**	**34**	**108**	**3.2**	**13**	**2**	**17**	**111**	**6.5**	**13**	**1**

DEEJAY DALLAS' NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RUSHING					RECEIVING				
DATE	**TEAM**	**GP**	**GS**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

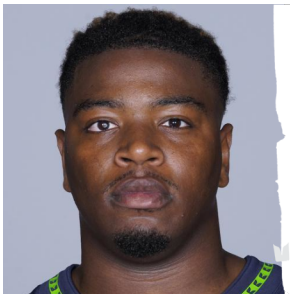
DEEJAY DALLAS' SINGLE-GAME HIGHS: RUSHING/RECEIVING

Rush Attempts	18 vs. San Francisco 49ers, Nov 01, 2020	**Longest Receptions**	13 at Los Angeles Rams, Nov 15, 2020
Rushing Yards	41 vs. San Francisco 49ers, Nov 01, 2020	**Receiving TDs**	1 vs. San Francisco 49ers, Nov 01, 2020
Longest Runs	13 vs. Arizona Cardinals, Nov 19, 2020	**All-Purpose Yards**	58 vs. San Francisco 49ers, Nov 01, 2020
Rushing TDs	1 at Buffalo Bills, Nov 08, 2020	**Special Teams Tackles**	1 vs. Minnesota Vikings, Oct 11, 2020
	...1 more at 1.		...1 more at 1.
Receptions	5 vs. San Francisco 49ers, Nov 01, 2020	**Most TDs**	2 vs. San Francisco 49ers, Nov 01, 2020
Receiving Yards	23 at Los Angeles Rams, Nov 15, 2020		

DEEJAY DALLAS' 2020 GXG REGULAR-SEASON STATISTICS (SEAHAWKS)

			RUSHING					RECEIVING						
DATE	**OPPONENT**	**P/S**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**NO.**	**YDS.**	**AVG.**	**LG**	**TD**	**W/L**	**SCORE**
09/13	at Falcons						ON INACTIVE LIST						W	38-25
09/20	Patriots						ON INACTIVE LIST						W	35-30
09/27	Cowboys	P	0	0	0.0	0	0	0	0	0.0	0	0	W	38-31
10/04	at Dolphins	P	2	8	4.0	6	0	2	15	7.5	9	0	W	31-23
10/11	Vikings	P	0	0	0.0	0	0	0	0	0.0	0	0	W	27-26
10/25	at Cardinals	P	0	0	0.0	0	0	2	18	9.0	10	0	L	34-37+
11/01	49ers	S	18	41	2.3	9	1	5	17	3.4	5	1	W	37-27
11/08	at Bills	S	7	31	4.4	10	1	2	8	4.0	5	0	L	34-44
11/15	at Rams	P	2	8	4.0	5	0	2	23	11.5	13	0	L	16-23
11/19	Cardinals	P	1	13	13.0	13	0	2	19	9.5	11	0	W	28-21
11/30	at Eagles	P	0	0	0.0	0	0	0	0	0.0	0	0	W	23-17
12/06	Giants	P	0	0	0.0	0	0	2	11	5.5	6	0	L	12-17
12/13	Jets	P	4	7	1.8	4	0	0	0	0.0	0	0	W	40-3
12/20	at Washington	P	0	0	0.0	0	0	0	0	0.0	0	0	W	20-15
12/27	Rams						ON INACTIVE LIST						W	20-9
01/03	at 49ers						ON INACTIVE LIST						W	26-23
2020 TOTALS		**12-2**	**34**	**108**	**3.2**	**13**	**2**	**17**	**111**	**6.5**	**13**	**1**	**12-4**	

+ - Overtime



68 | GUARD

DAMIEN LEWIS

Height: 6-2	Weight: 327
College:	Louisiana State
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	March 21, 1997
Hometown:	Canton, Miss.

TRANSACTIONS:

04/24/20: Drafted by Seattle (3rd round, 69th overall)

NFL CAREER HIGHLIGHTS:

• Became the first rookie offensive lineman to start all 16 games since Justin Britt in 2014. Named to the PFWA All-Rookie team. In an emergency role, started one game at center vs. Arizona (11/19/20).

COLLEGE: Was a two-year starter at right guard for the Tigers after transferring from Northwest Mississippi Community College. Earned first-team All-America honors from The Athletic in 2019 and was voted to the second-team All-SEC by the AP and coaches. Entered the starting lineup in the 2018 season-opener and started all 28 games of his career, teaming with All-America center Lloyd Cushenberry to give LSU one of the best center-guard tandems in college football in 2019. LSU's line in 2019 won the Joe Moore Award, given to the top line in nation. One of the nation's top junior college offensive lineman in both 2016 and 2017 and was a two-time junior college All-America selection. Started all 22 games of his Northwest career at right guard. Graduated from Northwest Mississippi Community College in 18 months and was on the school's dean's list.

PERSONAL: Was a two-way player on both offensive and defensive lines for Canton High School, on a team of about 35 players. Was one of the strongest players on the LSU team with a 635 pound squat and a bench press of nearly 500 pounds. Majored in sports administration.

DAMIEN LEWIS' NFL REGULAR SEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	16	16
NFL TOTALS		**16**	**16**

DAMIEN LEWIS' NFL POSTSEASON STATISTICS

DATE	TEAM	GP	GS
2020	Seahawks	1	1
NFL TOTALS		**1**	**1**

84 | TIGHT END

COLBY PARKINSON

Height: 6-7	Weight: 251
College:	Stanford
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	January 7, 1999
Hometown:	Simi Valley, Calif.

TRANSACTIONS:

04/25/20: Drafted by Seattle (4th round, 133rd overall)
09/05/20: Placed on Reserve/non-football injury
10/31/20: Activated from NFI to active roster

NFL CAREER HIGHLIGHTS:

• Spent first six games on the non-football injury list, then played in six games as a reserve tight end and was inactive on four occasions.

COLLEGE: Started 21 of 39 games played and was a second-team All-Pac-12 selection and a semifinalist for the John Mackey Award in 2019 after catching 48 passes for 589 yards and one touchdown as a junior. He was also an All-Pac-12 honorable mention selection as a sophomore in 2018 when he had 29 catches for 485 yards and seven touchdowns. Registered an eight-yard touchdown pass at Oregon State in 2019, becoming the first Stanford non quarterback to throw a touchdown pass since Christian McCaffrey vs. USC in the 2015 Pac 12 Championship. Also became the first Cardinal to throw for a touchdown and record a touchdown reception since McCaffrey in that 2015 Pac 12 Championship game. Tied single game school record with four touchdown catches vs. Oregon State in 2018 and his seven scores ranked third in the nation among tight ends.

PERSONAL: Prepped at Oaks Christian and earned varsity letters in football and basketball. Five star recruit by 247Sports and PrepStar, a four star recruit by Scout, Rivals and ESPN Nation's 21st best recruit by PrepStar Rivals. Totaled 1,280 career receiving yards on 80 receptions for eight touchdowns as a prep and led team to pair of league titles. Born in San Ramon, Calif. Enjoys playing guitar and ukulele. Majored in civil engineering.

COLBY PARKINSON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

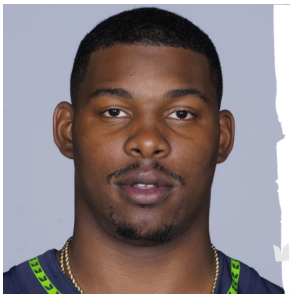
				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	6	0	2	16	8.0	10	0	0	0	0.0	0	0
NFL TOTALS		**6**	**0**	**2**	**16**	**8.0**	**10**	**0**	**0**	**0**	**0.0**	**0**	**0**

COLBY PARKINSON'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

COLBY PARKINSON'S SINGLE-GAME HIGHS: RECEIVING

Receptions	2 vs. New York Jets, Dec 13, 2020	**Longest Receptions**	10 vs. New York Jets, Dec 13, 2020
Receiving Yards	16 vs. New York Jets, Dec 13, 2020	**All-Purpose Yards**	16 vs. New York Jets, Dec 13, 2020



98 | DEFENSIVE END

ALTON ROBINSON

Height: 6-3	Weight: 259
College:	Syracuse
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	June 2, 1998
Hometown:	Converse, Texas

TRANSACTIONS:

04/25/20: Drafted by Seattle (5th round, 148th overall)

NFL CAREER HIGHLIGHTS:

• Played in 14 games with one start during rookie season of 2020 and posted 4.0 sacks in limited time along the defensive line.

COLLEGE: Three-year starter at defensive end. Joined the Orange during 2017 preseason camp and quickly moved into the starting lineup. Was a two-time All-ACC selection, including earning second-team honors as a junior in 2018. Winner of Syracuse's Tim Green Award as the team's most outstanding defensive lineman in 2018 and 2019, joining Arthur Jones (2007, 2009) and Chandler Jones (2010-2011) as the only players in team history to win the award twice. In 36 games (34 starts), had 115 tackles (72 solo) and finished his career ranked seventh on Syracuse's all-time sacks list with 19.5 and tied for ninth in team history with 32.5 tackles for loss. In 2018, teamed with Kendall Coleman to form the ACC's No. 1 sack duo with 20 combined sacks as both players had 10 sacks each. Spent his freshman season at Northeastern Oklahoma A&M, where he was one of the top junior-college pass rushers in the country. Recorded two sacks for the North team in the 2020 Senior Bowl.

PERSONAL: Played linebacker and defensive end for four years at Judson High. Was a 2015 Associated Press 6A honorable mention all-state selection and named to the 2015 American Family Insurance All-USA Texas second-team by USA Today. As a senior captain, logged 44 tackles, including 23 for a loss, 12 sacks and four forced fumbles for the Rockets. Voted Judson's Defensive Player of the Year as a junior. Also played basketball and competed in track & field. Majored in sociology.

ALTON ROBINSON'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	14	1	22	13	9	5	20	4.0	26.0	4	0	0	0	0	0	1	0	0	0	0	0	0	0	0	0
NFL TOTALS		**14**	**1**	**22**	**13**	**9**	**5**	**20**	**4.0**	**26.0**	**4**	**0**	**0**	**0**	**0**	**0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ALTON ROBINSON'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	1	0	1	1	0	1	3	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**0**	**1**	**1**	**0**	**1**	**3**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

ALTON ROBINSON'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 at Washington, Dec 20, 2020 ...3 more at 3.
Sacks	1.0 vs. Los Angeles Rams, Dec 27, 2020 ...3 more at 1.0.
Forced Fumbles	1 at Washington, Dec 20, 2020
Tackles For Loss	2 vs. Dallas Cowboys, Sep 27, 2020

18 | WIDE RECEIVER

FREDDIE SWAIN

Height: 6-0	Weight: 199
College:	Florida
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	August 4, 1998
Hometown:	Ocala, Fla.

TRANSACTIONS:

04/25/20: Drafted by Seattle (6th round, 214th overall)

NFL CAREER HIGHLIGHTS:

• Played in 16 games with one start serving as the team's fourth wide receiver. Caught 13 passes for 159 yards with two touchdowns in limited time.

COLLEGE: Appeared in 47 career games with 10 starts, catching 68 passes for 996 yards and 15 touchdowns. Tallied 1,387 all-purpose yards over his collegiate career. Returned 39 career punts for 308 yards, highlighted by an 85-yard touchdown return in 2018, which tied for the second-longest punt return touchdown in school history. In 2019, played in 12 games with six starts at wide receiver and tallied career-highs in receptions (38), yards (517) and touchdowns (7).

PERSONAL: Prepped at North Marion High and named to the 2015 Class 5A all-state third-team and was a second-team selection as a junior in 2014. Led his team to a 10-2 record as a senior and had 43 receptions for 648 yards and seven touchdowns. Added one carry for a 75-yard touchdown and 202 punt return yards.

FREDDIE SWAIN'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	16	1	13	159	12.2	23	2	0	0	0.0	0	0
NFL TOTALS		**16**	**1**	**13**	**159**	**12.2**	**23**	**2**	**0**	**0**	**0.0**	**0**	**0**

FREDDIE SWAIN'S NFL POSTSEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	1	0	1	28	28.0	28	0	0	0	0.0	0	0
NFL TOTALS		**1**	**0**	**1**	**28**	**28.0**	**28**	**0**	**0**	**0**	**0.0**	**0**	**0**

FREDDIE SWAIN'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	Seahawks	6	137	22.8	28	0	0	0	0	0.0	0	0
NFL TOTALS		**6**	**137**	**22.8**	**28**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

FREDDIE SWAIN'S NFL POSTSEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	Seahawks	1	27	27.0	27	0	0	0	0	0.0	0	0
NFL TOTALS		**1**	**27**	**27.0**	**27**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

FREDDIE SWAIN'S SINGLE-GAME HIGHS: RUSHING/RECEIVING

Receptions	3 at Los Angeles Rams, Nov 15, 2020
Receiving Yards	37 at Los Angeles Rams, Nov 15, 2020
Longest Receptions	23 at Miami Dolphins, Oct 04, 2020
Receiving TDs	1 vs. New York Jets, Dec 13, 2020
	...1 more at 1.
All-Purpose Yards	66 vs. New York Giants, Dec 06, 2020
Kickoff Returns	3 vs. New York Giants, Dec 06, 2020
Kickoff Return Yards	66 vs. New York Giants, Dec 06, 2020
Longest Kickoff Return	28 vs. Los Angeles Rams, Dec 27, 2020
Special Teams Tackles	2 vs. New York Jets, Dec 13, 2020
Most TDs	1 vs. New York Jets, Dec 13, 2020
	...1 more at 1.

52 | DEFENSIVE END

DARRELL TAYLOR

Height: 6-4 **Weight:** 267
College: Tennessee
Seasons: NFL : 2nd, Seahawks 2nd
Born: March 24, 1997
Hometown: Hopewell, Va.
Pronunciation: DARE-ull

TRANSACTIONS:

04/24/20: Drafted by Seattle (2nd round, 48th overall)
09/05/20: Placed on Reserve/Non-football injury
01/05/21: Returned to practice

NFL CAREER HIGHLIGHTS:

- Spent the 2020 season on the non-football injury list.

COLLEGE: Finished Tennessee career with 19.5 sacks (10th-most in UT history), 26.5 tackles for loss and 118 total tackles in 43 games played with 22 starts. He finished tied for second in the SEC with 8.5 sacks in 2019 after totaling 8.0 sacks in 2018. Became the third Vol ever to have a four-sack game when he accomplished the feat against Kentucky in 2018 and also had a three-sack, two-forced-fumble game at Georgia and was named team MVP in 2018. Started all 13 games played his senior season and finished second in the SEC with a career-high 8.5 sacks as a team captain. Totaled 46 tackles, 10 tackles for loss, four passes defensed, six hurries, one fumble recovery and one forced fumble. Totaled 16.5 sacks over his final two seasons, starting 20 of 25 games played. Made starts at both defensive end and linebacker during his Volunteers career.

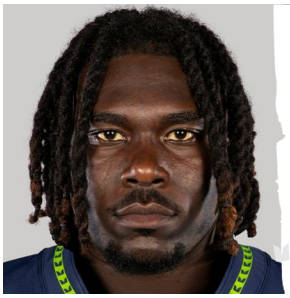
PERSONAL: Was a consensus four-star defensive end prospect and one of the top players in Virginia out of Hopewell High School. Earned second-team all-state honors as a defensive end as a senior in 2014 with totals of 60 tackles, 11 sacks and 19 tackles for loss. Also had 29 receptions for 356 yards and five touchdowns as a senior. Also played basketball in high school. Recipient of the Brady & Horne Athletic Endowment and Jack Brewer Athletic Scholarship Endowment. Majored in communications and graduated in December 2019.

DARRELL TAYLOR'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

DARRELL TAYLOR'S NFL POSTSEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**



67 | DEFENSIVE TACKLE

MYLES ADAMS

Height: 6-2	Weight: 290
College:	Rice
Seasons:	NFL : 2nd, Seahawks 2nd
Born:	March 9, 1998
Hometown:	Arlington,Texas

TRANSACTIONS:

04/30/20: Signed by Carolina as UDFA
09/05/20: Released by Carolina
09/06/20: Signed to Carolina's PS
09/18/20: Released by Carolina
12/02/20: Signed to Seattle's PS
12/29/21: Released by Seattle
01/15/21: Signed future 2021 contract with Seattle

Spent four years at Rice, where he totaled 94 career tackles, 4.5 sacks, 10.5 tackles for loss and three forced fumbles. Started all 12 games as a senior in 2019. Selected as one of three co-captains by his teammates prior to the start of the season and registered a career-high 42 tackles, plus 1.0 sack and 3.5 tackles for loss. Was an honorable mention All-Conference USA by conference coaches and a third-team selection by PFF. Named a semifinalist for the National Football Foundation's Campbell Trophy that honors college football's top scholar-athletes. Named to the Conference USA honor roll. Started five games as a junior in 2018. Ranked second on the team with five tackles for loss and 2.5 sacks. Saw action in all 12 games and totaled 16 tackles as a sophomore in 2017. Had nine tackles on the year as a true freshman in 2016. Attended Mansfield Summit High School in Arlington, Texas. Was a second-team all-state on offense and All-District 14-5A on both offense and defense as the Jaguars finished 10-2 and were Bi-District champions. Dual regional qualifier in shot and discus and a regional qualifier in power lifting as a junior. Majored in kinesiology at Rice.

MYLES ADAMS' NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Panthers	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
Went from **Carolina** to **Seattle**.																										
2020	Seahawks	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
2020	TOTAL	0	0	0	0	0	0	0	0.0	0.0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

17 | WIDE RECEIVER

AARON FULLER

Height: 5-11 **Weight: 188**
College: **Washington**
Seasons: **NFL : 2nd, Seahawks 2nd**
Born: **September 30, 1997**
Hometown: **McKinney, Texas**

TRANSACTIONS:

05/01/20: Signed by Seattle as a UDFA
09/05/20: Waived by Seattle
09/06/20: Signed to Seattle's PS

Started 24 of 54 games played for the Huskies during his four-year career. Recorded 159 receptions for 2,051 yards, good for seventh in Washington history in both categories, and 13 touchdowns in his career. Also returned 48 punts for 390 yards with one touchdown. Started eight of 13 games as a senior and recorded career-highs in receptions (59) and touchdowns (6), with 702 yards. Attended Lovejoy High and was a first-team All-District 10-5A and first-team All-Collin County at wide receiver as a senior in 2015. Also named second-team All-Collin County as a return specialist. Played receiver and cornerback for the Leopards and his team went 8-4 and advanced to the second round of the 5A D2 playoffs in 2015. As a senior, caught 86 passes for 1,178 yards and 14 touchdowns while also rushing for two other scores and returning two punts for touchdowns. He ran the 100, 200 and 400 meters and also participated in long jump I high school, winning the district and area titles in the 400 meters as a junior.

AARON FULLER'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Seahawks	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

64 | DEFENSIVE TACKLE

WALTER **PALMORE**

Height: 6-3 **Weight:** 317
College: Missouri
Seasons: NFL : 2nd, Seahawks 1st
Born: August 9, 1996
Hometown: Columbus, Ga.

TRANSACTIONS:

05/10/19: Signed by Houston as a UDFA
08/31/19: Released by Houston
10/21/20: Signed to Dallas PS
01/02/21: Activated from PS/COVID-19 replacement
01/04/21: Reverted to Dallas PS
05/05/21: Released by Dallas
05/13/21: Signed by Seattle as a FA

Made NFL debut at the N.Y. Giants (1/3/21) in the season finale for the Cowboys, recording three solo stops and a quarterback hit. Transferred to Missouri from Eastern Arizona Junior College in 2017 and played two seasons (2017-18) for the Tigers as an interior defensive lineman, where he totaled 44 tackles (27 solo) 6.0 tackles for loss, 1.0 sack and two passes defensed. Transferred to Eastern Arizona Junior College from Coffeyville Community College in 2015 and played two seasons, totaling 71 tackles, 8.0 sacks, 1.5 tackles for loss and one forced fumble. Began his college career at Coffeyville CC, where he redshirted his freshman season before transferring to Eastern Arizona. Attended Hardaway (Ga.) High School, where he played football for one year before graduating.

WALTER PALMORE'S NFL REGULAR SEASON DEFENSIVE STATISTICS

				TACKLES								INTERCEPTIONS					FUMBLES			ST					MISC	
DATE	TEAM	GP	GS	TK	S	A	TFL	YDS	SK	YDS	QBH	NO	YDS	LG	TD	PD	FF	FR	YDS	TK	S	A	FF	FR	S	A
2020	Cowboys	1	0	3	0	3	0	0	0.0	0.0	1	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
NFL TOTALS		**1**	**0**	**3**	**0**	**3**	**0**	**0**	**0.0**	**0.0**	**1**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**	**0**

WALTER PALMORE'S SINGLE-GAME HIGHS: DEFENSIVE

Total Tackles	3 at New York Giants, Jan 03, 2021

46 | TIGHT END

CAM **SUTTON**

Height: 6-6 **Weight:** 249
College: Fresno State
Seasons: NFL : 1st, Seahawks 1st
Born: September 13, 1996
Hometown: Norco, Calif.

TRANSACTIONS:

04/27/20: Signed by Carolina as a UDFA
08/16/20: Released by Carolina
05/26/21: Signed by Seattle as a FA

Was not on an NFL roster in 2020. Spent two seasons at Fresno State (2018-19), where he totaled nine career receptions for 154 yards. Appeared in all 12 games as a senior in 2019. Had six catches for 112 receiving yards and two carries for 34 rushing yards for the Bulldogs. Saw action in 13 of 14 games as a junior in 2018. Finished with three receptions for 42 yards. Prior to Fresno State spent a season at Riverside City College, where he helped the team to a 10-2 overall record in 2017. Attended Norco High and was a three-year letterwinner as a wide receiver. Majored in africana studies at Fresno State.

CAM SUTTON'S NFL REGULAR SEASON RUSHING/RECEIVING STATISTICS

				RECEIVING					RUSHING				
DATE	TEAM	GP	GS	NO.	YDS.	AVG.	LG	TD	NO.	YDS.	AVG.	LG	TD
2020	Panthers	0	0	0	0	0.0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

CAM SUTTON'S NFL REGULAR SEASON RETURN STATISTICS

		KICKOFF RETURNS					PUNT RETURNS					
DATE	TEAM	RET.	YDS.	AVG.	LG	TD	NO.	FC	YDS.	AVG.	LG	TD
2020	Panthers	0	0	0.0	0	0	0	0	0	0.0	0	0
NFL TOTALS		**0**	**0**	**0.0**	**0**	**0**	**0**	**0**	**0**	**0.0**	**0**	**0**

ALL-TIME REVIEW

1976 REVIEW (2-12)

Date	W/L	Score	Opponents	Att
09/12	L	30-24	St. Louis	58,441
09/19	L	31-7	at Washington	53,174
09/26	L	37-21	San Francisco	59,108
10/03	L	28-13	Dallas	62,027
10/10	L	28-20	at Green Bay (Mil)	54,983
10/17	W	13-10	at Tampa Bay	43,812
10/24	L	41-14	Detroit	61,280
10/31	L	41-6	at L.A. Rams	52,035
11/07	W	31-13	Atlanta	57,985
11/14	L	27-21	at Minnesota	45,087
11/21	L	51-27	New Orleans	61,865
11/28	L	28-16	at N.Y. Giants	65,111
12/05	L	34-7	Chicago	60,510
12/12	L	27-10	at Philadelphia	37,949

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	237	323
Rushing	75	166
Passing	140	136
Penalty	22	21
3rd Down: Made/Att.	59/221	96/219
3rd Down Pct.	26.7	43.8
4th Down: Made/Att.	15/20	6/16
4th Down Pct.	75.0	37.6
TOTAL NET YARDS	4062	5405
Avg. Per Game	290.1	386.0
Total Plays	882	1008
Avg. Per Play	4.6	5.4
NET YARDS RUSHING	1413	2881
Avg. Per Game	100.9	205.8
Total Rushes	374	614
NET YARDS PASSING	2649	2524
Avg. Per Game	189.2	180.3
Sacked/Yards Lost	28/225	27/246
Gross Yards	2874	2770
Att./Completions	480/229	367/223
Completion Pct.	47.7	60.7
Had Intercepted	30	15
PUNTS/AVERAGE	82/37.4	65/35.0
NET PUNTING AVG.	30.1	29.6
PENALTIES/YARDS	80/684	106/926
FUMBLES/LOST	30/18	23/13
TOUCHDOWNS	29	53
Rushing	14	20
Passing	13	27
Returns	2	6
TOTAL POINTS	229	429

By Quarters	1	2	3	4	OT	Tot
SEA	39	73	61	56	0	229
OPP	91	116	127	95	0	429

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Leypoldt	0	0	0	0	19-22	8-12	0	43
Smith	5	4	1	0	0	0	0	30
Largent	4	0	4	0	0	0	0	24
McCullum	4	0	4	0	0	0	0	24
McKinnis	4	4	0	0	0	0	0	24
Zorn	4	4	0	0	0	0	0	24
SEA	29	14	13	2	26-29	9-16	1	229
OPP	53	20	27	6	51-53	20-30	0	429

Rushing	Att	Yds	Avg	LG	TD
Smith	119	537	4.5	53	4
Zorn	52	246	4.7	19	4
Testerman	67	246	3.8	16	1
Nelson	52	173	3.3	25	1
McKinnis	46	105	2.2	14	4
SEA	374	1413	3.8	53	14
OPP	614	2881	4.7	47	20

Receiving	No	Yds	Avg	LG	TD
Largent	54	705	13.0	45	4
Howard	37	422	11.4	30	0
Smith	36	384	10.6	34	1
McCullum	32	506	15.8	72	4
Testerman	25	232	9.2	25	1
SEA	229	2874	12.6	80	13
OPP	223	2770	12.4	66	27

Interceptions	No	Yds	Avg	LG	TD
Brown	4	70	17.5	33	0
Woolsey	4	19	4.7	13	0
Matthews	3	60	20.0	40	1
SEA	15	218	14.5	40	1
OPP	30	388	12.9	70	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Engles	80	3067	38.3	29.9	3	13	55	2
SEA	82	3067	37.4	30.1	3	13	55	2
OPP	65	2275	35.0	29.6	5	10	54	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Blackwood	19	2	132	6.9	26	0
Brown	13	4	74	5.6	19	0
SEA	39	6	246	6.3	26	0
OPP	56	3	534	9.5	50	1

Kickoff Returns	No	Yds	Avg	LG	TD
Ross	30	655	21.8	45	0
Bolton	15	280	18.6	30	0
SEA	79	1605	20.3	45	0
OPP	46	1041	22.6	41	0

Field Goals	1-19	20-29	30-39	40-49	50+
Bitterlich	0-0	1-1	0-2	0-1	0-0
Leypoldt	0-0	2-2	1-2	5-7	0-1
SEA	0-0	3-3	1-4	5-8	0-1
OPP	1-1	7-7	7-11	5-9	0-2

Bitterlich: (27) (—) (36W,40W,33W)
Leypoldt: () () () (—) (48,44,45B) (25,39,51S) (—) (43,41) (—) (36W) (—) (45,46R) (—) (24)
OPP: (28,46W,22,26) (37) (45,45,31) (50B,39W) (—) (38,36W,35B) (25,44) (20) (44W,18,40B,21) (32W,43,39) (46,36,21)(—) (45S,51S) (33,37)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Brown	111	85	26	0.0	17	2	0
Curtis	107	66	41	1.0	1	0	1
Bradley	101	75	26	0.0	4	1	1
Matthews	92	75	17	0.0	13	0	0
Niehaus	90	58	32	8.5	0	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	439	208	2571	47.3	5.85	12	2.7	27	6.1	80	25/196	49.4
Munson	37	20	295	54.0	7.97	1	2.7	3	8.1	44	3/29	----
SEA	480	229	2874	47.7	5.98	13	3.7	30	6.2	80	26/225	49.9
OPP	367	223	2770	60.8	7.54	27	7.3	15	4.0	66	27/246	91.7

Record (Finish): 2-12 (5th, NFC West)

Head Coach: Jack Patera (2-12, .143)

Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/WRs/TEs)

Captains: T Norm Evans (Off.), LB Mike Curtis (Def.), LB Ed Bradley (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: None

National Honors: QB Jim Zorn, NFC Offensive **Rookie of the Year:** DT Steve Niehaus, NFC Defensive Rookie of the Year

All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	13
LT	Nick Bebout	13
LG	Bob Penchion	13
C	Fred Hoaglin	7
	Art Kuehn*	7
RG	John Demarie	7
	Bob Newton	7
RT	Norm Evans	10
TE	Ron Howard	13
WR	Steve Largent*	13
QB	Jim Zorn*	14
RB	Sherman Smith*	9
FB	Don Testerman*	8

DEFENSE

LE	Dave Tipton	12
LT	Steve Niehaus*	14
RT	Richard Harris	8
RE	Bob Lurtsema	13
LLB	Ken Geddes	9
	Sammy Green*	5
MLB	Ed Bradley	14
RLB	Mike Curtis	14
LCB	Eddie McMillan	14
RCB	Rolly Woolsey	11
FS	Dave Brown	14
SS	Al Matthews	14

SPECIAL TEAMS

K	Don Bitterlich	3
	John Leypoldt	11
P	Rick Engles	14

*Rookie or first-year player

1976 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Los Angeles	10	3	1	.750	351	190
San Francisco	8	6	0	.571	270	190
Atlanta	4	10	0	.286	172	312
New Orleans	4	10	0	.286	253	346
Seattle	2	12	0	.143	229	429

1977 REVIEW (5-9)

Date	W/L	Score	Opponents	Att.
09/18	L	29-14	Baltimore	58,991
09/25	L	42-20	at Cincinnati	45,579
10/02	L	24-13	Denver	53,108
10/09	L	31-0	at New England	45,929
10/16	W	30-23	Tampa Bay	54,783
10/23	L	31-13	at Miami	29,855
10/30	W	56-17	Buffalo	61,180
11/06	L	44-7	at Oakland	50,929
11/13	W	17-0	at N.Y. Jets	43,973
11/20	L	22-10	Houston	61,519
11/27	L	30-28	San Diego	55,338
12/04	L	30-20	at Pittsburgh	45,429
12/11	W	34-31	at Kansas City	22,562
12/18	W	20-19	Cleveland	61,583

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	251	295
Rushing	116	152
Passing	116	125
Penalty	19	18
3rd Down: Made/Att.	72/187	86/206
3rd Down Pct.	38.5	41.7
4th Down: Made/Att.	6/16	9/14
4th Down Pct.	37.6	64.3
TOTAL NET YARDS	4292	4818
Avg. Per Game	306.6	344.1
Total Plays	869	963
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1964	2485
Avg. Per Game	140.3	177.5
Total Rushes	461	596
NET YARDS PASSING	2328	2333
Avg. Per Game	166.3	166.6
Sacked/Yards Lost	21/131	18/131
Gross Yards	2459	2464
Att./Completions	387/175	349/196
Completion Pct.	45.2	56.2
Had Intercepted	32	25
PUNTS/AVERAGE	64/38.0	54/36.0
NET PUNTING AVG.	30.6	30.8
PENALTIES/YARDS	76/666	96/794
FUMBLES/BALL LOST	26/13	20/11
TOUCHDOWNS	37	43
Rushing	12	21
Passing	23	19
Returns	2	3
TOTAL POINTS	282	373

By Quarters	1	2	3	4	OT	Tot
SEA	52	106	57	67	0	282
OPP	101	105	65	102	0	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	0	10	0	0	0	0	60
Leypoldt	0	0	0	0	33-37	9-18	0	60
Sims	8	5	3	0	0	0	0	48
Smith	6	4	2	0	0	0	0	36
Testerman	5	1	4	0	0	0	0	30
SEA	37	12	23	2	33-37	9-18	0	282
OPP	43	21	19	3	42-43	23-31	2	373

Rushing	Att	Yds	Avg	LG	TD
Smith	163	763	4.7	39	4
Testerman	119	459	3.8	20	1
Sims	99	369	3.7	17	5
Hunter	32	179	5.5	20	1
Zorn	25	141	5.6	15	1
SEA	461	1964	4.3	39	12
OPP	596	2485	4.2	41	21

Receiving	No	Yds	Avg	LG	TD
Largent	33	643	19.4	74	10
Testerman	31	219	7.0	25	4
Smith	30	419	13.9	44	2
Fergerson	19	374	19.6	45	2
Howard	17	177	10.4	24	1
Sims	12	176	14.6	82	3
Sawyer	10	105	10.5	27	0
SEA	175	2459	14.1	82	23
OPP	196	2464	12.6	67	19

Interceptions	No	Yds	Avg	LG	TD
Beamon	6	36	6.0	16	0
McMillan	4	157	39.2	57	0
Brown	4	68	17.0	29	1
Preece	4	55	13.7	29	0
Geddes	3	9	3.0	6	0
SEA	25	356	14.2	57	1
OPP	32	594	18.6	102	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	58	2293	39.5	31.8	4	10	59	1
Engles	4	137	34.3	25.3	0	0	41	1
SEA	64	2430	38.0	30.6	4	10	59	2
OPP	54	1942	36.0	30.8	3	11	61	2

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	36	820	22.7	41	0
Fergerson	11	240	21.8	39	0
Packer	13	280	21.5	44	0
SEA	71	1502	21.2	44	0
OPP	50	1240	24.8	70	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Packer	20	0	131	6.5	31	0
SEA	31	4	217	7.0	31	0
OPP	41	2	372	9.1	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Leypoldt	1-2	2-3	2-4	3-4	1-5
SEA	1-2	2-3	2-4	3-4	1-5
OPP	0-0	9-10	10-12	4-9	0-0

Leypoldt: (19B) (52S,32,42) (52S) (—) (43,21R,37B) (19,41) (—) (—) (33R, 43L,50R,33) (51) (—) (20,27) (—) (51S)
OPP: (45R,38,42) (—) (36) (36,26R) (40,37,20) (39L,41) (25) (35,39,37) (46R) (31B,46B,27,37) (40,26,39) (22,28,43) (49L,23,45L) (24,38)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	251	104	1683	41.4	6.60	16	6.3	19	7.5	82	12/51	54.2
Myer	130	70	729	53.8	5.60	6	4.6	12	9.2	45	9/80	47.6
SEA	387	175	2459	45.2	6.35	23	5.9	32	8.2	82	21/131	51.7
OPP	349	196	2464	56.1	7.06	19	5.4	25	7.1	67	18/131	66.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	136	110	26	1.0	5	0	1
Beamon	128	82	36	0.0	8	1	0
Green	98	57	41	0.0	5	1	0
Preece	96	61	35	0.0	5	1	1
McMillan	80	63	17	0.0	15	0	3
Lurtsema	79	46	33	2.0	0	0	0

Record (Finish): 5-9 (4th, AFC West). Set record for wins by 2nd year expansion team.
Head Coach: Jack Patera (7-21, .250)
Assistants: Sam Boghosian (Off. Coord./OL), Bob Hollway (Def. Coord./DBs), Earl Leggett (DL), Andy MacDonald (RBs), Larry Peccatiello (LBs), Jerry Rhome (QBs/WRs/TEs)
Captains: T Norm Evans (Off.), CB Eddie McMillan (Def.), FS Steve Preece (Sp. Teams)
MVP: WR Steve Largent
Pro Bowl: None
National Honors: None; **All-NFL:** None

OFFENSE

Pos.		Starts
WR	Duke Fergerson	8
	Sam McCullum	3
	Steve Raible	3
LT	Nick Bebout	12
LG	Gordon Jolley	11
C	Art Kuehn	14
RG	Ron Coder	14
RT	Norm Evans	13
TE	Ron Howard	12
WR	Steve Largent	14
QB	Jim Zorn	10
	Steve Myer	4
RB	Sherman Smith	13
FB	Don Testerman	13

DEFENSE

LE	Richard Harris	14
LT	Ron East	14
RT	Bob Lurtsema	9
	Dennis Boyd*	5
RE	Alden Roche	9
LLB	Sammy Green	14
MLB	Terry Beeson*	13
RLB	Ken Geddes	14
LCB	Eddie McMillan	4
RCB	Dave Brown	14
SS	Autry Beamon	9
	Don Dufek	5
FS	Steve Preece	14

SPECIAL TEAMS

K	John Leypoldt	14
P	Herman Weaver	13
	Rick Engles	1

*Rookie or first-year player

1977 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	12	2	0	.857	274	148
Oakland*	11	3	0	.786	351	230
San Diego	7	7	0	.500	222	205
Seattle	5	9	0	.357	282	373
Kansas City	2	12	0	.143	225	349

* Wild Card team

1978 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/03	L	24-20	San Diego	55,778
09/10	L	21-10	at Pittsburgh	48,277
09/17	W	24-17	at N.Y. Jets	46,911
09/24	W	28-16	Detroit	56,781
10/01	L	28-7	at Denver	74,989
10/08	W	29-28	Minnesota	62,031
10/15	L	45-28	at Green Bay (Mil)	52,712
10/22	W	27-7	Oakland	62,529
10/29	L	20-17	Denver (OT)	62,948
11/05	W	31-29	at Chicago	50,697
11/12	L	17-14	Baltimore	61,905
11/19	W	13-10	at Kansas City	35,252
11/26	W	17-16	at Oakland	52,978
12/03	W	47-24	Cleveland	62,262
12/10	L	37-10	at San Diego	49,975
12/17	W	23-19	Kansas City	58,490

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	345	331
Rushing	150	153
Passing	156	160
Penalty	39	18
3rd Down: Made/Att.	98/235	88/216
3rd Down Pct.	41.7	40.7
4th Down: Made/Att.	20/31	8/14
4th Down Pct.	64.5	57.1
TOTAL NET YARDS	5511	5522
Avg. Per Game	344.4	345.1
Total Plays	1072	1036
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2394	2517
Avg. Per Game	149.6	157.3
Total Rushes	561	551
NET YARDS PASSING	3117	3005
Avg. Per Game	194.8	187.8
Sacked/Yards Lost	44/284	25/220
Gross Yards	3401	3225
Att./Completions	467/261	460/263
Completion Pct.	55.9	57.2
Had Intercepted	22	22
PUNTS/AVERAGE	69/36.9	66/38.0
NET PUNTING AVG.	29.9	31.0
PENALTIES/YARDS	94/789	125/997
FUMBLES/BALL LOST	36/19	34/17
TOUCHDOWNS	44	43
Rushing	28	20
Passing	15	21
Returns	1	2
TOTAL POINTS	345	358

By Quarters	1	2	3	4	OT	Tot
SEA	85	115	50	95	0	345
OPP	68	114	79	94	3	358

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Sims	15	14	1	0	0	0	0	90
Herrera	0	0	0	0	40-44	13-21	0	79
Largent	8	0	8	0	0	0	0	48
Smith	7	6	1	0	0	0	0	42
Zorn	6	6	0	0	0	0	0	36
SEA	44	28	15	1	40-44	13-21	1	345
OPP	43	20	21	2	41-43	19-27	1	358

Rushing	Att	Yds	Avg	LG	TD
Smith	165	805	4.9	67	6
Sims	174	752	4.3	44	14
Hunter	105	348	3.3	55	2
Zorn	59	290	4.9	23	6
SEA	561	2394	4.3	67	28
OPP	551	2517	4.6	62	20

Receiving	No	Yds	Avg	LG	TD
Largent	71	1168	16.5	57	8
McCullum	37	525	14.2	44	3
Sims	30	195	6.5	25	1
Smith	28	366	13.1	64	1
Raible	22	316	14.4	38	1
SEA	261	3401	13.0	64	15
OPP	263	3225	12.3	55	21

Interceptions	No	Yds	Avg	LG	TD
Webster	5	9	1.8	4	0
Harris	4	65	16.3	28	0
Beamon	4	17	4.3	15	0
Brown	3	44	14.7	44	0
SEA	22	193	8.8	44	1
OPP	22	300	13.6	52	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2440	37.0	29.5	6	13	59	0
SEA	69	2543	36.9	29.9	6	15	59	0
OPP	66	2507	38.0	31.0	6	16	67	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Crawford	34	4	284	8.4	22	0
SEA	40	5	342	8.6	42	0
OPP	36	9	363	10.1	24	0

Kickoff Returns	No	Yds	Avg	LG	TD
Hunter	16	385	24.1	38	0
Crawford	35	829	23.7	36	0
SEA	67	1510	22.5	38	0
OPP	66	1328	20.1	95	1

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	2-2	1-1	5-7	5-10	0-1
SEA	2-2	1-1	5-7	5-10	0-1
OPP	2-2	7-7	8-10	2-5	0-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	153	107	46	0.0	4	0	0
Butler	122	83	39	2.0	13	0	2
Green	115	79	36	0.0	2	0	1
Webster	113	85	28	0.0	33	0	1
Harris	113	72	41	2.0	15	1	0

Record (Finish): 9-7 (T2nd, AFC West)

Head Coach: Jack Patera (16-28, .364)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs)

Captains: T Norm Evans & WR Steve Largent (Off.), DT Dennis Boyd (Def.), SS Autry Beamon (Sp. Teams)

MVP: QB Jim Zorn

Pro Bowl: WR Steve Largent (1)

National Honors: Jack Patera (Coach of the Year), GM John Thompson (Exec. of the Year)

First-Team All-NFL: QB Jim Zorn (*NEA*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	16
LG	Tom Lynch	16
C	John Yarno	13
RG	Bob Newton	16
RT	Steve August	14
TE	Ron Howard	11
	John Sawyer	5
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Sherman Smith+	11
	Al Hunter	6
FB	David Sims	9
	Don Testerman	5

DEFENSE

LE	Ernie Price	11
	Bill Sandifer	5
LT	Dennis Boyd	16
RT	Bill Sandifer	8
	Steve Niehaus	6
RE	Bill Gregory	14
LLB	Sammy Green	16
MLB	Terry Beeson	16
RLB	Keith Butler*	14
LCB	Cornell Webster	14
	Keith Simpson*	2
RCB	Dave Brown	16
SS	Autry Beamon	16
FS	John Harris*	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player
+Started 1 game at fullback

1978 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	10	6	0	.625	282	198
Seattle	9	7	0	.563	345	358
Oakland	9	7	0	.563	311	283
San Diego	9	7	0	.563	355	309
Kansas City	4	12	0	.250	243	327

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	443	248	3283	56.0	7.41	15	3.4	20	4.5	64	44/284	72.2
Myer	22	11	94	50.0	4.27	0	0.0	2	9.1	17	0/0	----
SEA	467	261	3401	55.9	7.28	15	3.2	22	4.7	64	44/284	70.0
OPP	460	263	3225	57.2	7.01	21	4.6	22	4.8	55	25/220	74.3

1979 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/02	L	33-16	San Diego	62,287
09/09	L	19-10	at Miami	56,233
09/16	W	27-10	Oakland	61,602
09/23	L	37-34	at Denver	74,879
09/30	L	24-6	Kansas City	61,169
10/07	W	35-24	at San Francisco	44,592
10/14	L	20-10	at San Diego	50,077
10/21	W	34-14	Houston	60,705
10/29	W	31-28	at Atlanta	52,566
11/04	L	24-0	L.A. Rams	62,048
11/11	W	29-24	at Cleveland	72,440
11/18	W	38-24	New Orleans	60,055
11/26	W	30-7	N.Y. Jets	59,977
12/02	L	37-21	at Kansas City	42,160
12/08	W	28-23	Denver	60,038
12/16	W	29-24	at Oakland	53,177

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	315	350
Rushing	121	146
Passing	171	171
Penalty	23	33
3rd Down: Made/Att.	104/243	88/224
3rd Down Pct.	42.8	39.3
4th Down: Made/Att.	14/23	13/21
4th Down Pct.	60.9	61.9
TOTAL NET YARDS	5557	5834
Avg. Per Game	347.3	364.6
Total Plays	1046	1078
Avg. Per Play	5.3	5.4
NET YARDS RUSHING	1967	2375
Avg. Per Game	122.9	148.4
Total Rushes	500	533
NET YARDS PASSING	3590	3459
Avg. Per Game	224.4	216.2
Sacked/Yards Lost	23/201	37/280
Gross Yards	3791	3739
Att./Completions	523/292	508/317
Completion Pct.	55.8	62.4
Had Intercepted	18	17
PUNTS/AVERAGE	70/38.4	69/37.9
NET PUNTING AVG.	33.1	31.5
PENALTIES/YARDS	104/903	117/1045
FUMBLES/BALL LOST	31/18	39/16
TOUCHDOWNS	46	46
Rushing	24	23
Passing	20	21
Returns	2	2
TOTAL POINTS	378	372

By Quarters	1	2	3	4	OT	Tot
SEA	78	114	87	99	--	378
OPP	63	116	84	109	--	372

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	43-46	19-23	0	100
Smith	15	11	4	0	0	0	0	90
Doornink	9	8	1	0	0	0	0	54
Largent	9	0	9	0	0	0	0	54
McCullum	4	0	4	0	0	0	0	24
SEA	46	24	20	2	43-46	19-23	1	378
OPP	46	23	21	2	42-46	18-29	0	372

Rushing	Att	Yds	Avg	LG	TD
Smith	194	775	4.0	31	11
Doornink	152	500	3.3	26	8
Zorn	46	279	6.1	41	2
Hunter	34	174	5.1	67	1
Moore	44	168	3.8	18	2
SEA	500	1967	3.9	67	24
OPP	533	2375	4.5	84	23

Receiving	No	Yds	Avg	LG	TD
Largent	66	1237	18.7	55	9
Doornink	54	432	8.0	41	1
Smith	48	499	10.4	35	4
McCullum	46	739	16.1	65	4
Peets	25	293	11.7	28	1
Raible	20	252	12.6	41	1
Moore	14	128	9.1	24	0
SEA	292	3791	13.0	65	20
OPP	317	3739	11.8	51	21

Interceptions	No	Yds	Avg	LG	TD
Brown	6	46	9.2	23	0
Simpson	4	72	18.0	41	0
Harris	2	30	15.0	25	0
SEA	17	284	16.7	91	1
OPP	18	185	10.3	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	66	2651	40.2	33.4	3	11	60	3
SEA	70	2687	38.4	33.1	4	11	60	3
OPP	69	2616	37.9	31.5	8	14	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
T. Green	16	3	121	7.6	30	0
Moore	10	1	90	9.0	29	0
SEA	34	6	281	8.3	30	0
OPP	42	12	289	6.9	27	0

Kickoff Returns	No	Yds	Avg	LG	TD
T. Green	20	437	21.9	31	0
Moore	31	641	20.7	39	0
SEA	70	1444	20.6	39	0
OPP	70	1238	17.7	41	0

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	1-1	7-8	5-6	6-7	0-1
SEA	1-1	7-8	5-6	6-7	0-1
OPP	0-0	10-11	6-9	2-8	0-1

Herrera: (34) (32,49R) (23B,46,20) (28,22,39B) (38,53S,20) (—) (19) (48,30) (24) (—) (34) (27) (49,42,45) (—) (—) (24,42)
OPP: (31,42,22,23) (36,31) (34L,50S,37) (27) (36) (25) (40R,38L) (—) (25R) (40B,23) (28,44L) (37S,40) (42L) (27,31,22) (41R,29) (20,43S)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	505	285	3661	56.4	7.25	20	4.0	18	3.6	65	23/201	77.6
SEA	523	292	3791	55.8	7.25	20	3.8	18	3.4	65	23/201	76.2
OPP	508	317	3739	62.4	7.36	21	4.1	17	3.3	51	37/280	84.6

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Beeson	116	89	27	2.0	4	0	1
Beamon	112	75	37	0.0	14	1	2
Jackson	95	53	42	0.0	8	0	1
Hardy	87	67	20	3.5	1	1	0
Butler	88	56	32	2.0	9	0	2
Simpson	88	73	15	2.0	12	4	0

Record (Finish): 9-7 (T3rd, AFC West)

Head Coach: Jack Patera (25-35, .417)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), DE Dennis Boyd (Def.), FS Autry Beamon (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (2)

National Honors: None

All-NFL: WR Steve Largent (*SI, N.Y. Daily News*)

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Nick Bebout	13
LG	Tom Lynch	16
C	John Yarno	16
RG	Bob Newton	11
	Ron Coder	5
RT	Steve August	16
TE	Brian Peets	14
WR	Steve Largent	15
QB	Jim Zorn	16
RB	Sherman Smith	15
FB	Dan Doornink	12
	David Sims	4

DEFENSE

LE	Carl Eller	8
	Dennis Boyd	4
	Ernie Price	4
LT	Robert Hardy*	16
RT	Manu Tuiasosopo*	16
RE	Bill Gregory	16
LLB	Sammy Green	9
	Michael Jackson	7
MLB	Terry Beeson	16
RLB	Keith Butler	14
LCB	Cornell Webster	14
RCB	Dave Brown	16
SS	Keith Simpson	11
	Autry Beamon	4
FS	Autry Beamon	9
	John Harris	6

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

1979 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	12	4	0	.750	411	246
Denver*	10	6	0	.625	289	262
Seattle	9	7	0	.563	378	372
Oakland	9	7	0	.563	365	337
Kansas City	7	9	0	.438	238	262

*= Wild Card team

1980 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-13	San Diego	62,042
09/14	W	17-16	at Kansas City	42,403
09/21	L	37-31	New England	61,035
09/28	W	14-0	at Washington	53,263
10/05	W	26-7	at Houston	46,860
10/12	L	27-3	Cleveland	61,366
10/19	W	27-17	at N.Y. Jets	52,496
10/26	L	33-14	at Oakland	50,185
11/02	L	27-20	Philadelphia	61,047
11/09	L	31-30	Kansas City	58,976
11/17	L	19-17	Oakland	60,480
11/23	L	36-20	at Denver	73,274
11/27	L	51-7	at Dallas	57,540
12/07	L	27-21	N.Y. Giants	51,617
12/13	L	21-14	at San Diego	49,980
12/21	L	25-17	Denver	51,853

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	302	301
Rushing	114	129
Passing	166	147
Penalty	22	25
3rd Down: Made/Att.	85/230	110/235
3rd Down Pct.	37.0	46.8
4th Down: Made/Att.	10/15	13/14
4th Down Pct.	66.7	92.9
TOTAL NET YARDS	4879	5177
Avg. Per Game	304.9	323.6
Total Plays	1024	1038
Avg. Per Play	4.8	5.0
NET YARDS RUSHING	1783	2067
Avg. Per Game	111.4	129.2
Total Rushes	456	550
NET YARDS PASSING	3096	3110
Avg. Per Game	193.5	194.4
Sacked/Yards Lost	51/398	26/170
Gross Yards	3494	3280
Att./Completions	517/287	462/267
Completion Pct.	55.5	57.8
Had Intercepted	23	23
PUNTS/AVERAGE	70/40.4	66/40.2
NET PUNTING AVG.	31.6	34.6
PENALTIES/YARDS	109/901	103/876
FUMBLES/BALL LOST	38/15	33/11
TOUCHDOWNS	33	47
Rushing	13	17
Passing	18	28
Returns	2	2
TOTAL POINTS	291	408

By Quarters	1	2	3	4	OT	Tot
SEA	25	95	50	121	0	291
OPP	48	139	77	144	0	408

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Herrera	0	0	0	0	33-33	20-31	0	93
Jodat	6	5	1	0	0	0	0	36
Largent	6	0	6	0	0	0	0	36
McCullum	6	0	6	0	0	0	0	36
Doornink	5	3	2	0	0	0	0	30
McCutcheon	4	3	1	0	0	0	0	24
SEA	33	13	18	2	33-33	20-31	0	291
OPP	47	17	28	2	45-47	25-33	3	408

Rushing	Att	Yds	Avg	LG	TD
Jodat	155	632	4.1	26	5
Doornink	100	344	3.4	22	3
Zorn	44	214	4.9	25	1
McCutcheon	40	202	5.1	32	3
Moore	60	202	3.4	20	0
SEA	456	1783	3.9	32	13
OPP	550	2067	3.8	46	17

Receiving	No	Yds	Avg	LG	TD
Largent	66	1064	16.1	67	6
McCullum	62	874	14.1	58	5
Sawyer	36	410	11.4	32	0
Doornink	31	237	7.6	16	2
Jodat	26	190	7.3	14	1
Moore	25	231	9.2	34	0
SEA	287	3494	12.2	67	18
OPP	267	3280	12.3	68	28

Interceptions	No	Yds	Avg	LG	TD
Brown	6	32	5.3	24	0
Harris	6	28	4.7	15	0
Simpson	3	15	5.0	10	0
SEA	23	95	4.1	24	0
OPP	23	170	7.4	25	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Weaver	67	2798	41.8	31.6	7	14	62	2
SEA	70	2827	40.4	31.6	7	15	62	2
OPP	66	2652	40.2	34.6	1	20	60	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Lewis	41	9	349	8.5	75	1
SEA	41	9	349	8.5	75	1
OPP	42	9	476	11.3	36	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	25	585	23.4	54	0
Webster	21	406	19.3	34	0
SEA	73	1489	20.4	54	0
OPP	64	1223	19.1	46	0

Field Goals	1-19	20-29	30-30	40-49	50+
Herrera	1-1	6-6	8-9	4-10	1-5
SEA	1-1	6-6	8-9	4-10	1-5
OPP	1-1	8-9	9-11	3-5	4-7

Herrera: (46,54S,28)(19)(33)(—)(32,33,50,44,40R) (51S,29)(48,23) (48S) (21,31,41L) (39,31,33,60S) (46S,37) (21,20) (—) (52R,48R) (47L) (31R,47) OPP: (41,29) (50,23,57) (19,30,44R,29) (33R,50S,52R) (—) (—) (37L, 22) (34,38,43S, 30,25) (39,25) (42) (28) (24,33) (—) (43,32) (23L) (53,55,34,38,52S)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	488	276	3346	53.3	6.86	17	3.5	20	4.1	67	44/341	72.4
Adkins	23	10	136	43.5	5.91	1	4.3	3	13.0	22	5/51	----
Krieg	2	0	0	0.0	0.00	0	0.0	0	0.0	0	1/6	----
SEA	517	287	3494	55.5	6.76	18	3.5	23	4.4	67	51/398	71.3
OPP	462	267	3280	57.8	7.10	28	6.1	23	5.0	68	26/170	79.3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	136	105	31	0.0	5	1	2
Harris	119	80	39	0.0	9	0	1
Simpson	110	82	28	1.0	17	0	1
Hardy	103	72	31	3.0	2	1	1
Beeson	101	65	36	1.0	1	2	1
Tuiasosopo	94	63	31	3.5	4	0	1

Record (Finish): 4-12 (5th, AFC West)
Head Coach: Jack Patera (29-47, .382)
Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Larry Peccatiello (Def. Coach/ LBs), Jerry Rhome (Off. Coach/QBs/WRs/TEs), Rusty Tillman (Sp. Teams)
Captains: WR Steve Largent (Off.), SS Keith Simpson (Def.)
MVP: WR Sam McCullum
Pro Bowl: None
National Honors: None
All-NFL: None

OFFENSE

Pos.		Starts
WR	Sam McCullum	16
LT	Louis Bullard	13
LG	Tom Lynch	12
	Jeff Sevy	4
C	John Yarno	16
RG	Bob Newton	16
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	16
RB	Dan Doornink	11
	Sherman Smith	2
FB	Jim Jodat	13
	Dan Doornink	3

DEFENSE

LE	Jacob Green*	13
LT	Robert Hardy	16
RT	Manu Tuiasosopo	16
RE	Bill Gregory	13
LLB	Michael Jackson	15
MLB	Terry Beeson	16
RLB	Keith Butler	16
LCB	Kerry Justin	11
	Cornell Webster	5
RCB	Dave Brown	16
SS	Keith Simpson	16
FS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	16
P	Herman Weaver	16

*Rookie or first-year player

1980 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	418	327
Oakland*	11	5	0	.688	364	306
Kansas City	8	8	0	.500	319	336
Denver	8	8	0	.500	310	323
Seattle	4	12	0	.250	291	408

* Wild Card team

1981 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/06	L	27-21	at Cincinnati	41,177
09/13	W	13-10	Denver	58,513
09/20	L	20-10	at Oakland	45,725
09/27	L	20-14	Kansas City	59,255
10/04	L	24-10	at San Diego	51,463
10/11	L	35-17	at Houston	42,671
10/18	L	32-0	N.Y. Giants	56,134
10/25	W	19-3	at N.Y. Jets	49,678
11/01	L	34-24	at Green Bay	49,467
11/08	W	24-21	Pittsburgh	59,058
11/16	W	44-23	San Diego	58,628
11/22	L	40-13	at Kansas City	49,002
11/29	L	32-31	Oakland	57,147
12/06	W	27-23	N.Y. Jets	53,105
12/13	L	23-13	at Denver	74,527
12/20	W	42-21	Cleveland	51,435

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	295	371
Rushing	103	175
Passing	166	173
Penalty	26	23
3rd Down: Made/Att.	76/204	107/220
3rd Down Pct.	37.3	48.6
4th Down: Made/Att.	8/19	4/10
4th Down Pct.	42.1	40.0
Possession Avg.	26:59	33:01
TOTAL NET YARDS	5021	5940
Avg. Per Game	313.8	371.3
Total Plays	1001	1126
Avg. Per Play	5.0	5.3
NET YARDS RUSHING	1594	2806
Avg. Per Game	99.6	175.4
Total Rushes	440	588
NET YARDS PASSING	3427	3134
Avg. Per Game	214.2	195.9
Sacked/Yards Lost	37/300	36/260
Gross Yards	3727	3394
Att./Completions	524/307	502/294
Completion Pct.	58.6	58.6
Had Intercepted	15	21
PUNTS/AVERAGE	68/39.0	55/42.5
NET PUNTING AVG.	36.2	35.3
PENALTIES/YARDS	106/823	104/944
FUMBLES/BALL LOST	41/23	43/27
TOUCHDOWNS	40	46
Rushing	14	20
Passing	21	25
Returns	5	1
TOTAL POINTS	322	388

By Quarters	1	2	3	4	OT	Tot
SEA	71	109	85	57	---	322
OPP	58	140	75	115	---	388

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Largent	10	1	9	0	0	0	0	60
Herrera	0	0	0	0	23-25	12-17	0	59
T. Brown	6	6	0	0	0	0	0	36
Doornink	5	1	4	0	0	0	0	30
SEA	40	14	21	5	37-40	15-24	0	322
OPP	46	20	25	1	41-46	23-29	1	388

Rushing	Att	Yds	Avg	LG	TD
T. Brown	141	531	3.8	43	6
Smith	83	253	3.0	21	3
Doornink	65	194	3.0	11	1
Zorn	30	140	4.7	20	1
Hughes	47	135	2.9	15	0
SEA	440	1594	3.6	43	14
OPP	588	2806	4.8	73	20

Receiving	No	Yds	Avg	LG	TD
Largent	75	1224	16.3	57	9
McCullum	46	567	12.3	36	3
Smith	44	406	9.2	28	1
Hughes	35	263	7.5	22	2
Doornink	27	350	13.0	80	4
SEA	307	3727	12.1	80	21
OPP	294	3394	11.5	90	25

Interceptions	No	Yds	Avg	LG	TD
Harris	10	155	15.5	42	2
Easley	3	155	51.7	82	1
SEA	21	397	18.9	82	3
OPP	15	257	17.1	46	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	66	2578	39.1	36.1	2	16	56	0
SEA	68	2665	39.2	36.2	2	16	56	0
OPP	55	2337	42.5	35.3	5	14	63	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	16	4	177	11.1	34	0
Lewis	15	2	100	6.7	23	0
SEA	32	6	293	9.2	34	0
OPP	33	18	153	4.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lewis	20	378	18.9	36	0
Ivory	15	281	18.7	32	0
SEA	69	1278	18.5	36	0
OPP	67	1177	17.6	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Herrera	0-0	6-6	3-4	2-5	1-2
Alvarez	0-0	3-3	0-0	0-4	0-0
SEA	0-0	9-9	3-4	2-9	1-2
OPP	1-1	8-9	9-10	4-6	1-3

Herrera: (37R) (43,22) (26,40R) ( ) (52L,20) (41,47S) ( ) ( ) (54) (37,48R) (25,30,23) (26,30)
Alvarez: ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) ( ) (43R,22,42R) (43B) (28,20) (42R)
OPP: (25,43S,40) (30) (34L) (30,38,43L) (47) ( ) (29,54,21,47,31,37) (34) (19,36) (49S,22L) (32) (37,24) (20) (26,50R) (33,43,24) ( )

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	141	99	42	1.0	4	3	1
Easley	107	79	28	0.0	10	0	3
Butler	100	68	32	1.5	2	0	0
Harris	91	71	20	0.0	7	2	3
Green	87	72	15	12.0	1	5.5	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	397	236	2788	59.4	7.02	13	3.3	9	2.3	80	24/201	80.2
Krieg	112	64	843	57.1	7.53	7	6.3	5	4.5	57	11/85	83.3
SEA	524	307	3727	58.6	7.11	21	4.0	15	2.9	80	37/300	82.0
OPP	502	294	3394	58.6	6.76	25	5.0	21	4.2	90	36/260	78.2

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Jack Patera (35-57, .380)

Assistants: Jack Christensen (DBs), Andy MacDonald (RBs), Jim Mora (DL), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/ WRs/TEs), Jackie Simpson (Def. Coach/LBs), Rusty Tillman (Sp. Teams)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: WR Steve Largent (3)

National Honors: S Kenny Easley, AFC Defensive Rookie of the Year, First-Team All-NFL

All-NFL: S Kenny Easley

OFFENSE

Pos.		Starts
WR	Sam McCullum	14
LT	Ron Essink	16
LG	Edwin Bailey*	15
C	John Yarno	9
	Art Kuehn	7
RG	Bob Newton	15
RT	Steve August	16
TE	John Sawyer	16
WR	Steve Largent	16
QB	Jim Zorn	13
	Dave Krieg	3
RB	Sherman Smith	8
	Theotis Brown	7
FB	Dan Doornink	9
	Jim Jodat	5

DEFENSE

LE	Jacob Green	16
LT	Robert Hardy	14
RT	Doug Sutherland	6
	Manu Tuiasosopo	5
	Mike White	5
RE	Manu Tuiasosopo	11
LLB	Michael Jackson	15
MLB	Terry Beeson	7
	Joe Norman	7
RLB	Keith Butler	16
LCB	Keith Simpson	12
RCB	Dave Brown	10
	Kerry Justin	6
LS	Kenny Easley*	14
RS	John Harris	16

SPECIAL TEAMS

K	Efren Herrera	12
	Wilson Alvarez	4
P	Jeff West	15

*Rookie or first-year player

1981 AFC WEST STANDINHS

	W	L	T	Pct.	Pts.	Opp.
San Diego	10	6	0	.625	478	390
Denver	10	6	0	.625	321	289
Kansas City	9	7	0	.563	343	290
Oakland	7	9	0	.438	273	343
Seattle	6	10	0	.375	322	388

* Wild Card team

1982 REVIEW (4-5)

Date	W/L	Score	Opponents	Att
09/12	L	21-7	Cleveland	55,907
09/19	L	23-21	at Houston	43,117
09/26			at New England	Cxl
10/03			Kansas City	Cxl
10/10			at San Diego	Cxl
10/17			L.A. Raiders	Cxl
10/24			San Diego	Cxl
10/31			at Kansas City	Cxl
11/07			Denver	Postponed
11/14			at St. Louis	Cxl
11/21	W	17-10	at Denver	73,916
11/28	W	16-0	Pittsburgh	55,553
12/05	L	28-23	at L.A. Raiders	42,170
12/12	W	20-14	Chicago	52,826
12/19	L	16-0	New England	53,457
12/26	L	24-10	at Cincinnati	55,330
01/02	W	13-11	Denver	43,145

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	159	167
Rushing	51	86
Passing	89	68
Penalty	19	13
3rd Down: Made/Att.	43/130	50/126
3rd Down Pct.	33.1	39.7
4th Down: Made/Att.	6/12	5/8
4th Down Pct.	50.0	62.5
POSSESSION AVG.	28:04	31:56
TOTAL NET YARDS	2594	2794
Avg. Per Game	288.2	310.4
Total Plays	589	600
Avg. Per Play	4.4	4.7
NET YARDS RUSHING	795	1461
Avg. Per Game	88.3	162.3
Total Rushes	227	337
NET YARDS PASSING	1799	1333
Avg. Per Game	199.9	148.1
Sacked/Yards Lost	36/269	17/135
Gross Yards	2068	1468
Att./Completions	326/176	246/138
Completion Pct.	54.0	56.1
Had Intercepted	13	13
PUNTS/AVERAGE	49/38.6	50/40.6
NET PUNTING AVG.	35.9	34.9
PENALTIES/YARDS	59/523	44/406
FUMBLES/BALL LOST	21/11	18/9
TOUCHDOWNS	14	18
Rushing	4	12
Passing	9	4
Returns	1	2
TOTAL POINTS	127	147

By Quarters	1	2	3	4	OT	Tot
SEA	9	37	28	53	0	127
OPP	26	70	23	28	0	147

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	13-14	10-14	0	43
Largent	3	0	3	0	0	0	0	18
T. Brown	2	2	0	0	0	0	0	12
Carr	2	0	2	0	0	0	0	12
Walker	2	0	2	0	0	0	0	12
SEA	14	4	9	1	13-14	10-14	0	127
OPP	18	12	4	2	17-18	6-15	2	147

Rushing	Att	Yds	Avg	LG	TD
Smith	63	202	3.2	19	0
Doornink	45	178	4.0	46	0
T. Brown	53	141	2.7	17	2
Zorn	15	113	7.5	35	1
Hughes	30	106	3.5	13	0
SEA	227	795	3.5	46	4
OPP	337	1461	4.3	53	12

Receiving	No	Yds	Avg	LG	TD
Largent	34	493	14.5	45	3
Doornink	22	176	8.0	44	0
Smith	19	196	10.3	39	0
Carr	15	265	17.7	50	2
Johns	15	234	15.6	35	1
Metzelaars	15	152	10.1	26	0
SEA	176	2068	11.8	50	9
OPP	138	1468	10.6	56	4

Interceptions	No	Yds	Avg	LG	TD
Easley	4	48	12.0	44	0
Harris	4	33	8.3	18	0
Jackson	2	29	14.5	28	0
SEA	13	160	12.3	44	1
OPP	13	88	6.8	39	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	48	1835	38.2	36.7	3	8	52	0
SEA	49	1889	38.6	35.9	3	9	54	0
OPP	50	2032	40.6	34.9	3	10	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	19	10	210	11.1	37	0
SEA	21	14	228	10.9	37	0
OPP	19	23	69	3.6	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Ivory	10	224	22.4	30	0
Lane	11	172	15.6	32	0
SEA	29	544	18.8	32	0
OPP	24	361	15.0	34	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	3-4	5-6	2-3	0-1
SEA	0-0	3-4	5-6	2-3	0-1
OPP	0-0	4-5	2-3	0-6	0-1

N. Johnson: ( ) ( ) (37R,41R,23R,25) (35,48,29) (30) (30,34) (52B) (43) (22,34)
OPPONENTS: (45B,26B,42L) (24) (21) ( ) (42L) (50R) (21,41B,37,48L,23) (34) (39L,44B)

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Jackson	64	40	24	0.0	5	0	1
Easley	56	49	7	1.0	3	1	1
D. Brown	51	40	11	1.0	2	0	2
Scholtz	48	36	12	1.0	3	1	1
Simpson	46	42	4	0.0	3	0	0
Butler	45	36	9	2.0	1	0	0

Record (Finish): 4-5 (T8th, AFC). Season shortened to 9 games because of players' strike. Top 8 in AFC & NFC made playoffs.

Head Coach: Jack Patera (35-59, .372) fired on October 13 after 2 games. Mike McCormack (4-3, .571)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Zorn	245	126	1540	51.4	6.29	7	2.9	11	4.5	50	20/152	62.1
Krieg	78	49	501	62.8	6.42	2	2.6	2	2.6	44	16/117	79.0
SEA	326	176	2068	54.0	6.34	9	2.8	13	4.0	50	36/269	66.1
OPP	246	138	1468	56.1	5.97	4	1.6	13	5.3	56	17/135	57.1

Assistants: Jack Christensen (DBs), Frank Lauterbur (DL), Andy MacDonald (RBs), Howard Mudd (OL), Jerry Rhome (Off. Coach/QBs/ WRs/TEs), Jackie Simpson (Def. Coach /LBs), Rusty Tillman (Sp. Teams), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Keith Simpson (Def.), S Don Dufek (Sp. Teams)

MVP: S Kenny Easley

Pro Bowl: S Kenny Easley (1)

National Honors: None

First-Team All-NFL: S Kenny Easley (PFW, NEA, Football Digest)

OFFENSE

Pos.		Starts
WR	Paul Johns	7
	Roger Carr	2
LT	Ron Essink	7
	Dennis Boyd	2
LG	Edwin Bailey	7
C	John Yarno	9
RG	Robert Pratt	9
RT	Steve August	7
TE	Mike Tice	9
WR	Steve Largent	8
QB	Jim Zorn	7
	Dave Krieg	2
RB	Sherman Smith	8
FB	Dan Doornink	5
	David Hughes	3

DEFENSE

LE	Jacob Green	9
LT	Robert Hardy	8
RT	Manu Tuiasosopo	8
RE	Jeff Bryant*	9
LLB	Bruce Scholtz*	9
MLB	Michael Jackson	8
RLB	Keith Butler	8
LCB	Keith Simpson	8
RCB	Dave Brown	9
LS	Kenny Easley	8
RS	John Harris	9

SPECIAL TEAMS

K	Norm Johnson*	9
P	Jeff West	9

*Rookie or first-year player

1982 AFC STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	8	1	0	.889	260	200
Miami	7	2	0	.778	198	131
Cincinnati	7	2	0	.778	232	177
Pittsburgh	6	3	0	.667	204	146
San Diego	6	3	0	.667	288	221
N.Y. Jets	6	3	0	.667	245	166
New England	5	4	0	.556	143	157
Cleveland	4	5	0	.444	140	182
Buffalo	4	5	0	.444	150	154
Seattle	4	5	0	.444	127	147
Kansas City	3	6	0	.333	176	184
Denver	2	7	0	.222	148	226
Houston	1	8	0	.111	136	245
Baltimore	0	8	1	.056	113	236

As the result of a 57-day players' strike, the 1982 NFL regular-season schedule was reduced from 16 weeks to 9. At the conclusion of the regular season, the NFL conducted a 16-team postseason Super Bowl Tournament. Eight teams from each conference were seeded 1-8 based on their records during the season.

1983 REVIEW (9-7; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	L	17-13	at Kansas City	42,531
09/11	W	17-10	at N.Y. Jets	50,066
09/18	W	34-31	San Diego	61,714
09/25	L	27-17	Washington	60,718
10/02	W	24-9	at Cleveland	75,446
10/09	L	28-21	at San Diego	49,132
10/16	W	38-36	L.A. Raiders	60,697
10/23	L	27-21	Pittsburgh	61,615
10/30	W	34-21	at L.A. Raiders	49,708
11/06	W	27-19	Denver	61,189
11/13	L	33-28	at St. Louis	33,280
11/20	L	38-27	at Denver	74,710
11/27	W	51-48	Kansas City (OT)	56,795
12/04	L	35-10	Dallas	63,352
12/11	W	17-12	at N.Y. Giants	48,942
12/18	W	24-6	New England	59,688
POSTSEASON				
12/24	W	31-7	Denver (AFC Wild Card Game)	60,753
12/31	W	27-20	at Miami (AFC Divisional Playoff)	71,032
01/08	L	30-14	at L.A. Raiders (AFC Championship)	88,734

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	300	351
Rushing	131	128
Passing	153	195
Penalty	16	28
3rd Down: Made/Att.	96/218	95/214
3rd Down Pct.	44.0	44.4
4th Down: Made/Att.	4/10	4/10
4th Down Pct.	40.0	40.0
POSSESSION AVG.	29:52	30:08
TOTAL NET YARDS	5092	6029
Avg. Per Game	318.3	376.8
Total Plays	1032	1075
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	2119	2198
Avg. Per Game	132.4	137.4
Total Rushes	546	511
NET YARDS PASSING	2973	3831
Avg. Per Game	185.8	239.4
Sacked/Yards Lost	47/343	43/351
Gross Yards	3316	4182
Att./Completions	449/251	521/311
Completion Pct.	55.9	59.7
Had Intercepted	18	26
PUNTS/AVERAGE	79/39.5	68/40.5
NET PUNTING AVG.	34.6	34.2
PENALTIES/YARDS	102/890	91/725
FUMBLES/BALL LOST	36/20	44/28
TOUCHDOWNS	50	48
Rushing	19	14
Passing	25	33
Returns	6	1
TOTAL POINTS	403	397

By Quarters	1	2	3	4	OT	Tot
SEA	67	99	102	132	3	403
OPP	69	134	56	138	0	397

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	49-50	18-25	0	103
Warner	14	13	1	0	0	0	0	84
Largent	11	0	11	0	0	0	0	66
Johns	5	0	4	1	0	0	0	30
SEA	50	19	25	6	49-50	18-25	0	403
OPP	48	14	33	1	43-48	20-26	3	397

Rushing	Att	Yds	Avg	LG	TD
Warner	335	1449	4.3	60	13
Hughes	83	313	3.8	26	1
Doornink	40	99	2.5	9	2
SEA	546	2119	3.9	60	19
OPP	511	2198	4.3	37	14

Receiving	No	Yds	Avg	LG	TD
Largent	72	1074	14.9	46	11
Warner	42	325	7.7	28	1
Young	36	529	14.7	47	2
Johns	34	486	14.3	30	4
SEA	251	3316	13.2	50	25
OPP	311	4182	13.4	78	33

Interceptions	No	Yds	Avg	LG	TD
Easley	7	96	13.2	38	0
D. Brown	6	83	13.8	37	0
Simpson	4	39	9.7	14	0
SEA	26	353	13.6	73	2
OPP	18	279	15.5	40	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	79	3115	39.4	34.6	10	25	56	0
SEA	79	3115	39.4	34.6	10	25	56	0
OPP	68	2754	40.5	34.2	3	14	58	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Johns	28	5	316	11.3	75t	1
SEA	34	6	366	10.8	75t	1
OPP	36	16	185	5.1	18	0

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	49	1148	23.4	94	1
Hughes	12	282	23.5	35	1
SEA	71	1575	22.2	94	1
OPP	59	952	16.1	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	4-7	8-10	1-3
SEA	1-1	4-4	4-7	8-10	1-3
OPP	2-2	5-6	6-7	7-9	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Scholtz	104	84	20	1.5	6	3	1
Robinson	96	65	31	1.5	0	2	4
Harris	93	67	26	3.0	8	0	3
Easley	84	58	26	3.0	8	1	3
Butler	81	61	20	0.0	1	0	2

Record (Finish): 9-7 (2nd, AFC). First playoff appearance. Won 2 games then lost AFC Championship Game at L.A. Raiders, 30-14.

Head Coach: Chuck Knox (9-7, .563)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: SS Kenny Easley (2), RB Curt Warner (1)

National Honors: Chuck Knox, NFL Coach of the Year (SGH); SS Kenny Easley, AFC Defensive Player of the Year (*FB News*); RB Curt Warner, AFC Offensive Player of Year (*UPI*, NFLPA, WNTDC), First-Team All-NFL: SS Kenny Easley (*NEA, PFWA, PFW*)

OFFENSE

Pos.		Starts
WR	Paul Johns	9
LT	Ron Essink	16
LG	Reggie McKenzie	14
C	Blair Bush	16
RG	Robert Pratt	16
RT	Steve August	15
TE	Pete Metzelaars	7
WR	Steve Largent	14
QB	Jim Zorn	8
	Dave Krieg	8
RB	Curt Warner*	16
FB	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Manu Tuiasosopo	8
	Joe Nash	8
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	15
RILB	Keith Butler	16
ROLB	Michael Jackson	9
	Greg Gaines	6
LCB	Kerry Justin	10
RCB	Dave Brown	16
SS	Kenny Easley	15
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

1983 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	442	338
Seattle*	9	7	0	.563	403	397
Denver*	9	7	0	.563	302	327
San Diego	6	10	0	.375	358	462
Kansas City	6	10	0	.375	386	367

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	243	147	2139	60.5	8.80	18	7.4	11	4.5	50	38/279	95.0
Zorn	205	103	1166	50.2	5.69	7	3.4	7	3.4	43	9/64	64.8
SEA	449	251	3316	55.9	7.39	25	5.6	18	4.0	50	47/343	81.3
OPP	521	311	4182	59.7	8.03	33	6.3	26	5.0	78	43/351	85.6

1984 REVIEW (12-4; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/03	W	33-0	Cleveland	59,540
09/09	W	31-17	San Diego	61,314
09/16	L	38-23	at New England	43,140
09/23	W	38-9	Chicago	61,520
09/30	W	20-12	at Minnesota	57,171
10/07	L	28-14	at L.A. Raiders	77,904
10/14	W	31-28	Buffalo	59,034
10/21	W	28-24	at Green Bay (Mil)	52,286
10/29	W	24-0	at San Diego	53,974
11/04	W	45-0	Kansas City	61,396
11/12	W	17-14	L.A. Raiders	64,001
11/18	W	26-6	at Cincinnati	50,280
11/25	W	27-24	at Denver	74,922
12/02	W	38-17	Detroit	62,441
12/09	L	34-7	at Kansas City	34,855
12/15	L	31-14	Denver	64,411
POSTSEASON				
12/22	W	13-7	L.A. Raiders (AFC Wild Card Game)	62,049
12/29	L	31-10	at Miami (AFC Divisional Playoff)	73,469

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	287	288
Rushing	94	99
Passing	171	160
Penalty	22	29
3rd Down: Made/Att.	84/222	73/214
3rd Down Pct.	37.8	34.1
4th Down: Made/Att.	4/9	9/20
4th Down Pct.	44.4	45.0
POSSESSION AVG.	30:46	29:14
TOTAL NET YARDS	5068	4963
Avg. Per Game	316.8	310.2
Total Plays	1034	1051
Avg. Per Play	4.9	4.7
NET YARDS RUSHING	1645	1789
Avg. Per Game	102.8	111.8
Total Rushes	495	475
NET YARDS PASSING	3423	3174
Avg. Per Game	213.9	198.4
Sacked/Yards Lost	42/328	55/398
Gross Yards	3751	3572
Att./Completions	497/283	521/265
Completion Pct.	56.9	50.9
Had Intercepted	26	38
PUNTS/AVERAGE	95/37.5	83/40.3
NET PUNTING AVG.	33.3	33.0
PENALTIES/YARDS	128/1179	114/883
FUMBLES/BALL LOST	24/13	47/25
TOUCHDOWNS	51	34
Rushing	10	11
Passing	32	18
Returns	9	5
TOTAL POINTS	418	282

By Quarters	1	2	3	4	OT	Tot
SEA	92	135	100	91	--	418
OPP	60	86	62	74	--	282

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	50-51	20-24	0	110
Largent	12	0	12	0	0	0	0	72
Turner	10	0	10	0	0	0	0	60
Lane	5	4	1	0	0	0	0	30
SEA	51	10	32	9	50-51	20-24	1	418
OPP	34	11	18	5	34-34	14-22	1	282

Rushing	Att	Yds	Avg	LG	TD
Hughes	94	327	3.5	14	1
Lane	80	299	3.7	40	4
Doornink	57	215	3.8	25	0
SEA	495	1645	3.3	40	10
OPP	475	1789	3.8	25	11

Receiving	No	Yds	Avg	LG	TD
Largent	74	1164	15.7	65	12
Turner	35	715	20.4	80	10
C. Young	33	337	10.2	31	1
Doornink	31	365	11.8	32	2
SEA	283	3751	13.3	80	32
OPP	265	3572	13.5	92	18

Interceptions	No	Yds	Avg	LG	TD
Easley	10	126	12.6	58	2
Brown	8	179	22.4	90	2
SEA	38	697	18.3	90	7
OPP	26	333	12.8	42	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
West	95	3567	37.5	33.3	10	24	60	0
SEA	95	3567	37.5	33.3	10	24	60	0
OPP	83	3345	40.3	33.0	6	14	63	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Easley	16	5	194	12.1	42	0
Skansi	16	2	145	9.1	16	0
SEA	44	11	484	11.0	47	1
OPP	32	39	205	6.4	65	1

Kickoff Returns	No	Yds	Avg	LG	TD
Dixon	25	446	17.8	36	0
Hughes	17	348	20.5	38	0
SEA	54	1007	18.6	38	0
OPP	67	1116	16.7	46	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	9-10	4-4	6-7	1-3
SEA	0-0	9-10	4-4	6-7	1-3
OPP	0-0	4-5	5-8	5-9	0-0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	93	65	28	0.5	4	0	4
K. Butler	89	68	21	1.0	4	0	2
Gaines	88	61	27	3.5	3	0	2
Nash	82	58	24	7.0	1	1	3

Record (Finish): 12-4 (2nd, AFC West). Lost divisional playoff at Miami 31-10.

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	480	276	3671	57.5	7.65	32	6.7	24	5.0	80	40/314	83.3
SEA	497	283	3751	56.9	7.55	32	6.4	26	5.2	80	42/328	80.6
OPP	521	265	3572	50.9	6.86	18	3.5	38	7.3	92	55/398	54.2

Head Coach: Chuck Knox (21-11, .656)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./LBs), Ray Prochaska (Off. Coord./OL), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: TE Charle Young (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: SS Kenny Easley

Pro Bowl: CB Dave Brown (1), SS Kenny Easley (3), K Norm Johnson (1), QB Dave Krieg (1), WR Steve Largent (4), NT Joe Nash (1), ST Fredd Young (1)

National Honors: Chuck Knox, NFL Coach of the Year (*AP, SN, SGH*); SS Kenny Easley, NFL Def. Player of the Year (*AP, PFWA*)

First-Team All-NFL: CB Dave Brown (Films), SS Kenny Easley (*AP, SI, PFW, PFWA, SN, NEA*, Films), DE Jacob Green (*SN*), K Norm Johnson (*AP, PFWA, SN, PFW*), WR Steve Largent (Films), NT Joe Nash (*AP, Films, PFW*), ST Fredd Young (Films, *PFW*)

OFFENSE

Pos.		Starts
WR	Daryl Turner*	8
LT	Ron Essink	16
LG	Reggie McKenzie	8
	Edwin Bailey	8
C	Blair Bush	16
RG	Robert Pratt	16
RT	Bob Cryder	10
TE	Charle Young	13
	Mike Tice	8
WR	Steve Largent	16
QB	Dave Krieg	16
RB	Eric Lane	7
	Curt Warner	1
FB	Franco Harris	6
	David Hughes	6

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Shelton Robinson	16
RILB	Keith Butler	16
ROLB	Greg Gaines	11
LCB	Keith Simpson	15
RCB	Dave Brown	16
SS	Kenny Easley	16
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Jeff West	16

*Rookie or first-year player

1984 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	353	241
Seattle*	12	4	0	.750	418	282
L.A. Raiders*	11	5	0	.688	368	278
Kansas City	8	8	0	.500	314	324
San Diego	7	9	0	.438	394	413

* Wild Card team

1985 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/08	W	28-24	at Cincinnati	51,625
09/15	W	49-35	at San Diego	54,420
09/23	L	35-24	L.A. Rams	63,292
09/29	L	28-7	at Kansas City	50,485
10/06	W	26-21	San Diego	61,300
10/13	W	30-26	Atlanta	60,430
10/20	L	13-10	at Denver (OT)	74,899
10/27	L	17-14	at N.Y. Jets	69,320
11/03	W	33-3	L.A. Raiders	64,060
11/10	W	27-3	at New Orleans	47,365
11/17	L	20-13	New England	60,345
11/25	L	19-6	at San Francisco	57,482
12/01	W	24-6	Kansas City	52,655
12/08	W	31-13	Cleveland	58,477
12/15	L	13-3	at L.A. Raiders	77,425
12/20	L	27-24	Denver	56,283

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	299	290
Rushing	96	90
Passing	179	179
Penalty	24	21
3rd Down: Made/Att.	96/244	72/218
3rd Down Pct.	39.3	33.0
4th Down: Made/Att.	10/17	9/13
4th Down Pct.	58.8	69.2
POSSESSION AVG.	30:13	29:47
TOTAL NET YARDS	5007	5160
Avg. Per Game	312.9	322.5
Total Plays	1090	1030
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	1644	1837
Avg. Per Game	102.8	114.8
Total Rushes	462	473
NET YARDS PASSING	3363	3323
Avg. Per Game	210.2	207.7
Sacked/Yards Lost	53/457	61/464
Gross Yards	3820	3787
Att./Completions	575/304	496/273
Completion Pct.	52.9	55.0
Had Intercepted	23	24
PUNTS/AVERAGE	91/40.3	97/42.1
NET PUNTING AVG.	33.8	34.6
PENALTIES/YARDS	102/827	106/840
FUMBLES/BALL LOST	34/18	39/20
TOUCHDOWNS	44	35
Rushing	9	12
Passing	28	22
Returns	7	1
TOTAL POINTS	349	303

By Quarters	1	2	3	4	OT	Tot
SEA	43	116	90	100	0	349
OPP	47	78	63	112	3	303

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	40-41	14-25	0	82
Turner	13	0	13	0	0	0	0	78
Warner	9	8	1	0	0	0	0	54
Largent	6	0	6	0	1-1	0	0	37
SEA	44	9	28	7	41-44	14-25	1	349
OPP	35	12	22	1	31-35	20-28	1	303

Rushing	Att	Yds	Avg	LG	TD
Warner	291	1094	3.8	38	8
Morris	55	236	4.3	21	0
Hughes	40	128	3.2	9	0
Krieg	35	121	3.5	17	1
SEA	462	1644	3.6	38	9
OPP	473	1837	3.9	43	12

Receiving	No	Yds	Avg	LG	TD
Largent	79	1287	16.3	43	6
Warner	47	307	6.5	27	1
Turner	34	670	19.7	54	13
C. Young	28	351	12.5	32	2
Skansi	21	269	12.8	32	1
Walker	19	285	15.0	28	2
SEA	304	3820	12.6	54	28
OPP	273	3787	13.9	71	22

Interceptions	No	Yds	Avg	LG	TD
Harris	7	20	2.9	17	0
Brown	6	58	9.7	28	1
Taylor	4	75	18.8	75	1
SEA	24	272	11.3	75	3
OPP	23	389	16.9	83	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Finzer	68	2766	40.7	34.6	6	12	61	0
Colquitt	12	481	40.1	34.3	2	3	55	0
West	11	420	38.2	28.3	3	0	52	0
SEA	91	3667	40.3	33.8	11	15	61	0
OPP	97	4081	42.1	34.6	12	22	62	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Skansi	31	7	312	10.1	32	0
Easley	8	0	87	10.9	25	0
SEA	53	11	483	9.1	32	0
OPP	47	14	374	8.0	19	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	31	636	20.5	58	0
Skansi	19	358	18.8	35	0
SEA	58	1166	20.1	58	0
OPP	47	918	19.5	63	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	0-0	5-5	7-9	1-8	1-3
SEA	0-0	5-5	7-9	1-8	1-3
OPP	0-0	10-11	4-7	5-7	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	118	93	25	3.0	2	0	1
K. Butler	108	71	37	0.0	3	2	3
Green	92	60	32	13.5	1	7	2
Nash	87	67	20	9.0	0	0	2
Easley	79	62	17	2.0	7	0	3
Bryant	73	49	24	8.5	4	0	4

Record (Finish): 8-8 (3rd, AFC West)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	532	285	3602	53.6	6.77	27	5.1	20	3.8	54	52/448	76.2
Gilbert	40	19	218	47.5	5.45	1	2.5	2	5.0	37	1/9	51.9
SEA	575	304	3820	52.9	6.64	28	4.9	23	4.0	54	53/457	73.4
OPP	496	273	3787	55.0	7.64	22	4.4	24	4.8	71	61/464	74.4

Head Coach: Chuck Knox (29-19, .604)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Ray Prochaska (Off. Coord.), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Steve Moore (WRs), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: SS Kenny Easley (4), WR Steve Largent (5), ST Fredd Young (2)

National Honors: RB Curt Warner, Comeback Player of the Year (*SI*)

First-Team All-NFL: SS Kenny Easley (*AP, PFWA, NEA*), WR Steve Largent (*AP, PFWA, SI, C&PFN*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Essink	12
LG	Edwin Bailey	16
C	Blair Bush	16
RG	Robert Pratt	12
RT	Steve August	6
TE	Charle Young	14
QB	Dave Krieg	16
RB	Curt Warner	16
FB	David Hughes	10
	Eric Lane	3

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	16
RE	Jeff Bryant	16
LOLB	Bruce Scholtz	16
LILB	Fredd Young	13
RILB	Keith Butler	16
ROLB	Michael Jackson	16
LCB	Terry Taylor	16
RCB	Dave Brown	16
SS	Kenny Easley	13
FS	John Harris	16

SPECIAL TEAMS

K	Norm Johnson	16
P	David Finzer	12
	Jeff West	2
	Jimmy Colquitt	2

*Rookie or first-year player

1985 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	354	308
Denver	11	5	0	.688	380	329
Seattle	8	8	0	.500	349	303
San Diego	8	8	0	.500	467	435
Kansas City	6	10	0	.375	317	360

1986 REVIEW (10-6)

Date	W/L	Score	Opponents	Att
09/07	W	30-0	Pittsburgh	61,461
09/14	W	23-17	Kansas City	61,068
09/21	W	38-31	at New England	58,977
09/28	L	19-14	at Washington	54,157
10/06	W	33-7	San Diego	63,207
10/12	L	14-10	at L.A. Raiders	70,635
10/19	W	17-12	N.Y. Giants	62,282
10/26	L	20-13	at Denver	76,089
11/02	L	38-7	N.Y. Jets	62,497
11/09	L	27-7	at Kansas City	53,268
11/16	L	34-7	at Cincinnati	54,410
11/23	W	24-20	Philadelphia	55,786
11/27	W	31-14	at Dallas	58,020
12/08	W	37-0	L.A. Raiders	62,923
12/14	W	34-24	at San Diego	47,096
12/20	W	41-16	Denver	63,697

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	310
Rushing	123	93
Passing	158	192
Penalty	10	25
3rd Down: Made/Att.	96/221	84/225
3rd Down Pct.	43.4	37.3
4th Down: Made/Att.	0/6	6/18
4th Down Pct.	0.0	33.3
POSSESSION AVG.	29:46	30:14
TOTAL NET YARDS	5409	5341
Avg. Per Game	338.1	333.8
Total Plays	1005	1053
Avg. Per Play	5.4	5.1
NET YARDS RUSHING	2300	1759
Avg. Per Game	143.8	109.9
Total Rushes	513	471
NET YARDS PASSING	3109	3582
Avg. Per Game	194.3	223.9
Sacked/Yards Lost	39/315	47/306
Gross Yards	3424	3888
Att./Completions	453/268	535/301
Completion Pct.	59.2	56.3
Had Intercepted	14	22
PUNTS/AVERAGE	79/38.6	81/40.4
NET PUNTING AVG.	33.0	33.7
PENALTIES/YARDS	98/813	81/652
FUMBLES/BALL LOST	29/13	26/14
TOUCHDOWNS	43	34
Rushing	15	12
Passing	24	20
Returns	4	2
TOTAL POINTS	366	293

By Quarters	1	2	3	4	OT	Tot
SEA	69	96	80	121	0	366
OPP	60	103	52	78	0	293

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	42-42	22-35	0	108
Warner	13	13	0	0	0	0	0	78
Largent	9	0	9	0	0	0	0	54
Turner	7	0	7	0	0	0	0	42
R. Butler	4	0	4	0	0	0	0	24
SEA	43	15	24	4	42-43	22-35	0	366
OPP	34	12	20	2	32-34	19-28	0	293

Rushing	Att	Yds	Avg	LG	TD
Warner	319	1481	4.6	60	13
Williams	129	538	4.2	36	0
Morris	19	149	7.8	49	1
Krieg	35	122	3.5	19	1
SEA	513	2300	4.5	60	15
OPP	471	1759	3.7	25	12

Receiving	No	Yds	Avg	LG	TD
Largent	70	1070	15.3	38	9
Warner	41	342	8.3	26	0
Franklin	33	547	16.6	49	2
Williams	33	219	6.6	23	0
Skansi	22	271	12.3	39	0
R. Butler	19	351	18.5	67	4
Turner	18	334	18.6	72	7
SEA	268	3424	12.8	72	24
OPP	301	3888	12.9	83	20

Interceptions	No	Yds	Avg	LG	TD
Brown	5	58	11.6	24	1
Justin	4	29	7.3	18	0
Robinson	3	39	13.0	25	0
Moyer	3	38	12.7	20	0
SEA	22	216	9.8	25	1
OPP	14	216	15.4	36	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Gamache	79	3048	38.6	33.0	7	10	55	0
SEA	79	3048	38.6	33.0	7	10	55	0
OPP	81	3270	40.4	33.7	4	20	60	4

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	34	14	419	12.3	75	1
SEA	39	14	457	11.7	75	1
OPP	38	21	298	7.8	28	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	34	764	22.5	46	0
Morris	23	465	20.2	38	0
SEA	64	1322	20.7	46	0
OPP	59	1002	17.0	42	0

Field Goals	1-19	20-29	30-39	40-49	50+
N . Johnson	0-0	6-8	8-9	3-11	5-7
SEA	0-0	6-8	8-9	3-11	5-7
OPP	0-0	4-4	10-13	3-8	2-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Young	121	93	28	6.0	0	0	0
Robinson	99	81	18	0.0	10	0	3
K. Butler	96	66	30	1.0	5	1	0
Gaines	94	71	23	5.0	1	0	1
Scholtz	79	59	20	3.0	1	4	0

Record (Finish): 10-6 (3rd, AFC West)

Head Coach: Chuck Knox (39-25, .609)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./LBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (Sp. Assign.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/TEs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), CB Dave Brown (Def.), RB Eric Lane (Sp. Teams)

MVP: RB Curt Warner

Pro Bowl: KR Bobby Joe Edmonds (1), DE Jacob Green (1), WR Steve Largent (6), RB Curt Warner (2), LB Fredd Young (3)

National Honors: RB Curt Warner, AFC Player of the Year (*UPI*)

First-Team All-NFL: KR Bobby Joe Edmonds (*AP, PFWA, SN, PFW, FD*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	12
LT	Ron Mattes	16
LG	Edwin Bailey	12
C	Blair Bush	7
	Will Grant	6
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Mike Tice	15
WR	Steve Largent	16
QB	Dave Krieg	14
	Gale Gilbert	2
RB	Curt Warner	16
FB	John L. Williams*	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	11
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	16
LILB	Fredd Young	15
RILB	Keith Butler	16
ROLB	Greg Gaines	15
LCB	Terry Taylor	15
RCB	Dave Brown	16
SS	Kenny Easley	10
	Paul Moyer	6
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Vince Gamache*	16

*Rookie or first-year player

1986 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	378	327
Kansas City*	10	6	0	.625	358	326
Seattle	10	6	0	.625	366	293
L.A. Raiders	8	8	0	.500	323	346
San Diego	4	12	0	.250	335	396

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	375	225	2921	60.0	7.79	21	5.6	11	2.9	72	35/281	91.0
Gilbert	76	42	485	55.3	6.38	3	3.9	3	3.9	38	4/34	71.4
SEA	453	268	3424	59.2	7.56	24	5.3	14	3.1	72	39/315	87.7
OPP	535	301	3888	56.3	7.27	20	3.7	22	4.1	83	47/306	74.6

1987 REVIEW (9-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/13	L	40-17	at Denver	75,999
09/20	W	43-14	Kansas City	61,667
09/27			at San Diego	Cxl
10/04	W	24-20	Miami	19,448
10/11	L	17-10	Cincinnati	31,739
10/18	W	37-14	at Detroit	8,310
10/25	W	35-13	at L.A. Raiders	52,735
11/01	W	28-17	Minnesota	61,134
11/09	L	30-14	at N.Y. Jets	60,452
11/15	W	24-13	Green Bay	60,693
11/22	W	34-3	San Diego	62,444
11/30	L	37-14	L.A. Raiders	62,802
12/06	L	13-9	at Pittsburgh	48,881
12/13	W	28-21	Denver	61,759
12/20	W	34-21	at Chicago	62,518
12/27	L	41-20	at Kansas City	20,370
POSTSEASON				
01/03	L	23-20	at Houston (OT) (AFC Wild Card Game)	49,662

Rushing	Att	Yds	Avg	LG	TD
Warner	234	985	4.2	57	8
J. Williams	113	500	4.4	48	1
Krieg	36	155	4.3	17	2
SEA	496	2023	4.1	57	13
OPP	472	2201	4.7	91	14

Receiving	No	Yds	Avg	LG	TD
Largent	58	912	15.7	55	8
J. Williams	38	420	11.1	75	3
R. Butler	33	465	14.1	40	5
Skansi	19	207	10.9	25	1
SEA	237	3028	12.8	75	31
OPP	255	3196	12.5	81	20

Interceptions	No	Yds	Avg	LG	TD
Easley	4	47	11.8	22	0
Robinson	3	75	25.0	44	0
Jenkins	3	46	15.3	34	0
SEA	17	289	17.0	53	1
OPP	21	146	7.0	32	0

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	301	297
Rushing	120	133
Passing	154	148
Penalty	27	16
3rd Down: Made/Att.	92/189	85/196
3rd Down Pct.	48.7	43.4
4th Down: Made/Att.	4/9	4/10
4th Down Pct.	44.4	40.0
POSSESSION AVG.	30:35	29:25
TOTAL NET YARDS	4735	5159
Avg. Per Game	315.7	343.9
Total Plays	937	954
Avg. Per Play	5.1	5.4
NET YARDS RUSHING	2023	2201
Avg. Per Game	134.9	146.7
Total Rushes	937	472
NET YARDS PASSING	2712	2958
Avg. Per Game	180.8	197.2
Sacked/Yards Lost	36/316	37/238
Gross Yards	3028	3196
Att./Completions	405/237	445/255
Completion Pct.	58.5	57.3
Had Intercepted	21	17
PUNTS/AVERAGE	61/38.9	63/39.1
NET PUNTING AVG.	33.1	32.7
PENALTIES/YARDS	79/668	104/890
FUMBLES/BALL LOST	32/16	38/21
TOUCHDOWNS	46	36
Rushing	13	14
Passing	31	20
Returns	2	2
TOTAL POINTS	371	314

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	47	1880	40.0	34.0	5	17	63	0
SEA	61	2370	38.9	33.1	5	18	63	0
OPP	63	2465	39.1	32.7	4	13	60	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	20	4	251	12.6	40	0
SEA	32	8	322	10.1	40	0
OPP	32	12	251	7.8	91	1

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	27	564	20.9	43	0
Hollis	10	263	26.3	41	0
SEA	64	1236	19.3	43	0
OPP	67	1379	20.6	92	1

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	0-0	7-7	4-7	4-5	0-1
Hagler	0-0	2-2	0-0	0-0	0-0
SEA	0-0	9-9	4-7	4-5	0-1
OPP	0-0	7-7	9-9	5-8	0-2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
F. Young	99	78	21	9.0	5	5	4
Bosworth	78	64	14	4.0	3	2	2
Robinson	69	49	20	0.0	3	0	1
Bryant	52	40	12	4.0	0	1	1
J. Green	48	36	12	9.5	0	3	1

By Quarters	1	2	3	4	OT	Tot
SEA	79	132	95	65	0	371
OPP	51	110	75	78	0	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	40-40	15-20	0	85
Warner	10	8	2	0	0	0	0	60
Largent	8	0	8	0	0	0	0	48
Turner	6	0	6	0	0	0	0	36
SEA	46	13	31	2	44-46	17-22	0	371
OPP	36	14	20	2	35-36	21-26	0	314

Record (Finish): 9-6 (2nd, AFC West). Lost wild card playoff at Houston 23-20 (OT).

Head Coach: Chuck Knox (48-31, .608)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	294	178	2131	60.5	7.25	23	7.8	15	5.1	75	27/247	87.6
Mathison	76	36	501	47.4	6.59	3	3.9	5	6.6	47	6/49	54.8
Kemp	33	23	396	69.7	12.00	5	15.2	1	3.0	55	3/20	137.1
SEA	405	237	3028	58.5	7.48	31	7.7	21	5.2	75	36/316	85.9
OPP	445	255	3196	57.3	7.18	20	4.5	17	3.8	81	37/238	78.8

Captains: WR Steve Largent and RB Curt Warner (Off.), S Kenny Easley (Def.), S Paul Moyer (Sp. Teams)

MVP: WR Steve Largent

Pro Bowl: S Kenny Easley (5), DE Jacob Green (2), WR Steve Largent (7), RB Curt Warner (3), LB Fredd Young (4)

National Honors: None

First-Team All-NFL: WR Steve Largent (*PFWA*), G Bryan Millard (Films), RB Curt Warner (*SI, NEA*), LB Fredd Young (*AP, PFWA*, Films, *SI, PFW, SN, NEA*)

OFFENSE

Pos.		Starts
WR	Daryl Turner	8
LT	Ron Mattes	12
LG	Edwin Bailey	12
C	Blair Bush	11
RG	Bryan Millard	12
RT	Mike Wilson	12
TE	Mike Tice	12
WR	Steve Largent	13
QB	Dave Krieg	12
RB	Curt Warner	12
FB	John L. Williams	10

DEFENSE

LE	Jacob Green	12
NT	Joe Nash	12
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	7
	Tony Woods*	5
LILB	Fredd Young	13
RILB	Brian Bosworth*	12
ROLB	Greg Gaines	10
	Tony Woods*	2
LCB	Terry Taylor	12
RCB	Patrick Hunter	11
SS	Kenny Easley	11
FS	Eugene Robinson	12

SPECIAL TEAMS

K	Norm Johnson	13
P	Ruben Rodriguez	13

*Rookie or first-year player

1987 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	10	4	1	.700	379	288
Seattle*	9	6	0	.600	371	314
San Diego	8	7	0	.533	253	317
L.A. Raiders	5	10	0	.333	301	289
Kansas City	4	11	0	.267	273	388

* Wild Card team

1988 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/04	W	21-14	at Denver	75,986
09/11	W	31-10	Kansas City	61,512
09/18	L	17-6	at San Diego	44,449
09/25	L	38-7	San Francisco	62,382
10/02	W	31-20	at Atlanta	28,619
10/09	W	16-10	at Cleveland	78,605
10/16	L	20-19	New Orleans	63,569
10/23	L	31-10	at L.A. Rams	57,033
10/30	W	17-14	San Diego	59,641
11/06	L	13-3	Buffalo	61,074
11/13	W	27-24	Houston	60,446
11/20	L	27-24	at Kansas City	33,152
11/28	W	35-27	L.A. Raiders	62,641
12/04	L	13-7	at New England	59,068
12/11	W	42-14	Denver	62,839
12/18	W	43-37	at L.A. Raiders	61,127
POSTSEASON				
12/31	L	21-13	at Cincinnati (AFC Divisional Playoff)	58,560

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	291	321
Rushing	125	134
Passing	139	171
Penalty	27	16
3rd Down: Made/Att.	83/211	96/219
3rd Down Pct.	39.3	43.8
4th Down: Made/Att.	7/16	10/16
4th Down Pct.	43.8	62.5
POSSESSION AVG.	28:32	31:28
TOTAL NET YARDS	4842	5639
Avg. Per Game	302.6	352.4
Total Plays	983	1040
Avg. Per Play	4.9	5.4
NET YARDS RUSHING	2086	2286
Avg. Per Game	130.4	142.9
Total Rushes	517	509
NET YARDS PASSING	2756	3353
Avg. Per Game	172.3	209.6
Sacked/Yards Lost	29/223	30/265
Gross Yards	2979	3618
Att./Completions	437/245	501/280
Completion Pct.	56.1	55.9
Had Intercepted	20	22
PUNTS/AVERAGE	70/40.8	66/42.1
NET PUNTING AVG.	36.8	35.7
PENALTIES/YARDS	89/790	111/861
FUMBLES/BALL LOST	29/14	31/18
TOUCHDOWNS	39	38
Rushing	14	14
Passing	22	21
Returns	3	3
TOTAL POINTS	339	329

By Quarters	1	2	3	4	OT	Tot
SEA	58	124	83	74	0	339
OPP	75	90	72	92	0	329

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	39-39	22-28	0	105
Warner	12	10	2	0	0	0	0	72
Blades	8	0	8	0	0	0	0	48
Williams	7	4	3	0	0	0	0	42
Butler	4	0	4	0	0	0	0	24
SEA	39	14	22	3	39-39	22-28	0	339
OPP	38	14	21	3	38-38	21-32	0	329

Rushing	Att	Yds	Avg	LG	TD
Warner	266	1025	3.9	29	10
Williams	189	877	4.6	44	4
SEA	517	2086	4.0	44	14
OPP	509	2286	4.5	42	14

Receiving	No	Yds	Avg	LG	TD
Williams	58	651	11.2	75	3
Blades	40	682	17.1	55	8
Largent	39	645	16.5	46	2
Tice	29	244	8.4	26	0
SEA	245	2979	12.2	75	22
OPP	280	3618	12.9	69	21

Interceptions	No	Yds	Avg	LG	TD
Moyer	6	79	13.2	34	0
Taylor	5	53	10.6	27	1
Jenkins	3	41	13.7	21	0
SEA	22	280	12.7	34	1
OPP	20	195	9.8	55	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	70	2858	40.8	36.8	4	14	68	0
SEA	70	2858	40.8	36.8	4	14	68	0
OPP	66	2778	42.1	35.7	4	22	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Edmonds	35	8	340	9.7	41	0
SEA	37	8	340	9.2	41	0
OPP	36	14	202	5.6	16	0

Kickoff Returns	No	Yds	Avg	LG	TD
Edmonds	40	900	22.5	65	0
Morris	11	218	19.8	30	0
SEA	62	1352	21.8	65	0
OPP	66	1207	18.3	95	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	4-4	7-9	10-14	0-0
SEA	1-1	4-4	7-9	10-14	0-0
OPP	0-0	10-11	6-10	4-6	1-5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	114	85	29	1.0	3	1	0
Wyman	97	71	26	2.5	0	1	2
Bosworth	82	55	27	0.0	3	1	1
Woods	80	57	23	5.0	2	0	1
Moyer	73	52	21	0.0	2	0	2

Record (Finish): 9-7 (1st, AFC West). Lost divisional playoff at Cincinnati 21-13.

Head Coach: Chuck Knox (57-38, .600)

Assistants: Tom Catlin (Asst. Head Coach/ Def. Coord./OLBs), Steve Moore (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ralph Hawkins (DBs), Ken Meyer (QBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green and S Eugene Robinson (Def.), Game-to-Game (Sp. Teams)

MVP: FB John L. Williams

Pro Bowl: QB Dave Krieg (2), ST Rufus Porter (1)

National Honors: WR Steve Largent, NFL Man of the Year

First-Team All-NFL: G Bryan Millard (*SI*), ST Rufus Porter (*PFW, C&PFN*)

OFFENSE

Pos.		Starts
WR	Brian Blades*	7
	Ray Butler	5
LT	Ron Mattes	16
LG	Edwin Bailey	16
C	Blair Bush	14
RG	Bryan Millard	14
RT	Mike Wilson	16
TE	Mike Tice	16
WR	Steve Largent	15
QB	Dave Krieg	9
	Kelly Stouffer*	6
	Jeff Kemp	1
RB	Curt Warner	16
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
NT	Joe Nash	15
RE	Jeff Bryant	12
LOLB	Bruce Scholtz	15
LILB	Brian Bosworth	10
	Darren Comeaux	6
RILB	Dave Wyman	16
ROLB	Tony Woods	16
LCB	Terry Taylor	8
	Melvin Jenkins	8
RCB	Patrick Hunter*	8
	Melvin Jenkins	8
SS	Paul Moyer	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

1988 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	339	329
Denver	8	8	0	.500	327	352
L.A. Raiders	7	9	0	.438	325	369
San Diego	6	10	0	.375	231	332
Kansas City	4	11	1	.281	254	320

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	228	134	1741	58.8	7.64	18	7.9	8	3.5	75	12/92	94.6
Stouffer	173	98	1106	56.6	6.39	4	2.3	6	3.5	53	13/110	69.2
Kemp	35	13	132	37.1	3.77	0	0.0	4	14.8	19	3/21	9.2
SEA	437	245	2979	56.1	6.82	22	5.0	20	4.6	75	29/233	74.9
OPP	501	280	3618	55.9	7.22	21	4.2	22	4.4	69	30/265	74.4

1989 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/10	L	31-7	at Philadelphia	64,287
09/17	L	34-24	Phoenix	60,444
09/24	W	24-3	at New England	48,025
10/01	W	24-20	at L.A. Raiders	44,319
10/08	L	20-16	Kansas City	60,715
10/15	W	17-16	at San Diego	50,079
10/22	L	24-21	Denver (OT)	62,353
10/29	W	10-7	San Diego	59,691
11/05	L	20-10	at Kansas City	54,489
11/12	L	17-7	Cleveland	58,978
11/19	L	15-3	at N.Y. Giants	75,014
11/26	L	41-14	at Denver	75,117
12/04	W	17-16	Buffalo	57,682
12/10	W	24-17	at Cincinnati	54,744
12/17	W	23-17	L.A. Raiders	61,076
12/23	L	29-0	Washington	60,294

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	290	293
Rushing	86	119
Passing	180	158
Penalty	24	16
3rd Down: Made/Att.	85/211	89/213
3rd Down Pct.	40.3	41.8
4th Down: Made/Att.	8/17	5/16
4th Down Pct.	47.1	31.3
POSSESSION AVG.	29:20	30:40
TOTAL NET YARDS	4596	5215
Avg. Per Game	287.3	325.9
Total Plays	1010	997
Avg. Per Play	4.6	5.2
NET YARDS RUSHING	1392	2118
Avg. Per Game	87.0	132.4
Total Rushes	405	520
NET YARDS PASSING	3204	3097
Avg. Per Game	200.3	193.6
Sacked/Yards Lost	46/379	32/235
Gross Yards	3583	3332
Att./Completions	559/316	445/252
Completion Pct.	56.5	56.6
Had Intercepted	23	9
PUNTS/AVERAGE	76/39.4	74/39.2
NET PUNTING AVG.	32.9	33.9
PENALTIES/YARDS	79/738	118/809
FUMBLES/BALL LOST	43/14	26/13
TOUCHDOWNS	28	37
Rushing	5	11
Passing	21	23
Returns	2	3
TOTAL POINTS	241	327

By Quarters	1	2	3	4	OT	Tot
SEA	72	60	41	68	0	241
OPP	81	80	86	77	3	327

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
N. Johnson	0	0	0	0	27-27	15-25	0	72
Williams	7	1	6	0	0	0	0	42
Blades	5	0	5	0	0	0	0	30
Skansi	5	0	5	0	0	0	0	30
Warner	4	3	1	0	0	0	0	24
SEA	28	5	21	2	28-28	15-25	0	241
OPP	37	11	23	3	35-37	22-32	2	327

Rushing	Att	Yds	Avg	LG	TD
Warner	194	631	3.3	34	3
Williams	146	499	3.4	21	1
Krieg	40	160	4.0	18	0
SEA	405	1392	3.4	34	5
OPP	520	2118	4.1	38	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1063	13.8	60	5
Williams	76	657	8.6	51	6
Skansi	39	488	12.5	26	5
Largent	28	403	14.4	33	3
Clark	25	260	10.4	28	1
Warner	23	153	6.7	24	1
SEA	316	3583	11.3	60	21
OPP	252	3332	13.2	69	23

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	24	4.8	20	0
Harper	2	15	7.5	15	0
SEA	9	57	6.3	20	0
OPP	23	248	10.8	30	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rodriguez	75	2995	39.9	32.9	8	17	59	1
SEA	75	2995	39.9	32.9	8	17	59	1
OPP	74	2902	39.2	33.9	7	21	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Hollis	18	7	164	9.1	21	0
Jefferson	12	10	87	7.3	19	0
SEA	30	17	251	8.4	21	0
OPP	41	12	334	8.1	49	0

Kickoff Returns	No	Yds	Avg	LG	TD
Jefferson	22	511	23.2	91	1
Harris	18	334	18.6	25	0
Hollis	15	247	16.5	30	0
SEA	65	1246	19.2	97	1
OPP	44	814	18.5	37	0

Field Goals	1-19	20-29	30-39	40-49	50+
N. Johnson	1-1	6-7	3-4	4-8	1-5
SEA	1-1	6-7	3-4	4-8	1-5
OPP	1-1	10-13	8-10	3-7	0-1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Robinson	102	72	30	0.0	5	2	0
Wyman	98	72	26	0.0	1	2	0
Glasgow	97	77	20	0.0	7	0	5
Nash	92	65	27	8.0	1	3	0
Comeaux	88	64	24	0.0	1	0	1
Bryant	68	50	18	3.5	2	2	0

Record (Finish): 7-9 (4th, AFC West)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	499	286	3309	57.3	6.63	21	4.2	20	4.0	60	37/289	74.8
Stouffer	59	29	270	49.2	4.58	0	0.0	3	5.1	29	9/90	40.9
SEA	559	316	3583	56.5	6.41	21	3.8	23	4.1	60	46/379	71.3
OPP	445	252	3332	56.6	7.49	23	5.2	9	2.0	69	32/235	89.3

Head Coach: Chuck Knox (64-47, .577)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: WR Steve Largent (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: WR Steve Largent

MVP: WR Brian Blades

Pro Bowl: WR Brian Blades (1), QB Dave Krieg (3), ST Rufus Porter (2)

National Honors: None

First-Team All-NFL: None

OFFENSE

Pos.		Starts
WR	Brian Blades	14
LT	Andy Heck*	8
	Ron Mattes	8
LG	Edwin Bailey	16
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Mike Wilson	16
TE	Robert Tyler*	9
	Travis McNeal*	6
WR	Steve Largent	9
	Louis Clark	6
QB	Dave Krieg	14
	Kelly Stouffer	2
RB	Curt Warner	15
FB	John L. Williams	15

DEFENSE

LE	Jacob Green	14
NT	Joe Nash	16
RE	Jeff Bryant	15
LOLB	Tony Woods	12
	Rufus Porter	3
LILB	Darren Comeaux	13
	Brian Bosworth	2
RILB	Dave Wyman	16
ROLB	Vernon Maxwell	9
	M.L. Johnson	6
LCB	Dwayne Harper	13
RCB	Patrick Hunter	14
SS	Nesby Glasgow	16
FS	Eugene Robinson	14

SPECIAL TEAMS

K	Norm Johnson	16
P	Ruben Rodriguez	16

*Rookie or first-year player

1989 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	11	5	0	.688	362	226
Kansas City	8	7	1	.531	318	286
L.A. Raiders	8	8	0	.500	315	297
Seattle	7	9	0	.438	241	327
San Diego	6	10	0	.375	266	290

* Wild Card team

1990 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	L	17-0	at Chicago	64,400
09/16	L	17-13	L.A. Raiders	61,889
09/23	L	34-31	at Denver (OT)	75,290
10/01	W	31-16	Cincinnati	60,135
10/07	W	33-20	at New England	39,735
10/14	L	24-17	at L.A. Raiders	50,624
10/21	W	19-7	Kansas City	60,358
10/28			BYE	
11/04	L	31-14	San Diego	59,646
11/11	W	17-16	at Kansas City	71,285
11/18	L	24-21	Minnesota	59,735
11/25	W	13-10	at San Diego (OT)	50,097
12/02	W	13-10	Houston (OT)	57,592
12/09	W	20-14	at Green Bay	52,015
12/16	L	24-17	at Miami	57,851
12/23	W	17-12	Denver	55,845
12/30	W	30-10	Detroit	50,681

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	284	280
Rushing	111	86
Passing	155	171
Penalty	18	23
3rd Down: Made/Att.	87/200	83/207
3rd Down Pct.	43.5	40.1
4th Down: Made/Att.	6/7	7/11
4th Down Pct.	85.7	63.6
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	4583	4609
Avg. Per Game	286.4	288.1
Total Plays	945	950
Avg. Per Play	4.8	4.9
NET YARDS RUSHING	1749	1605
Avg. Per Game	109.3	100.3
Total Rushes	457	413
NET YARDS PASSING	2834	3004
Avg. Per Game	177.1	187.8
Sacked/Yards Lost	40/360	33/252
Gross Yards	3194	3256
Att./Completions	448/265	504/300
Completion Pct.	59.2	59.5
Had Intercepted	20	12
PUNTS/AVERAGE	67/40.6	77/41.9
NET PUNTING AVG.	34.4	36.2
PENALTIES/YARDS	89/746	108/766
FUMBLES/BALL LOST	32/16	32/18
TOUCHDOWNS	34	32
Rushing	18	7
Passing	15	19
Returns	1	6
TOTAL POINTS	306	286

By Quarters	1	2	3	4	OT	Tot
SEA	50	94	60	96	6	306
OPP	50	112	53	68	3	286

Scoring	TDs	Ru	Pa	Rt	PAT	FG	S	Pts
Johnson	0	0	0	0	33-34	23-32	0	102
Fenner	15	14	1	0	0	0	0	90
Chadwick	4	0	4	0	0	0	0	24
Kane	4	0	4	0	0	0	0	24
Blades	3	0	3	0	0	0	0	18
Williams	3	3	0	0	0	0	0	18
SEA	34	18	15	1	33-34	23-32	0	306
OPP	32	7	19	6	32-32	20-27	1	286

Rushing	Att	Yds	Avg	LG	TD
Fenner	215	859	4.0	36	14
Williams	187	714	3.8	25	3
Krieg	32	115	3.6	25	0
SEA	457	1749	3.8	36	18
OPP	413	1605	3.9	58	7

Receiving	No	Yds	Avg	LG	TD
Williams	73	699	9.6	60	0
Kane	52	776	14.9	63	4
Blades	49	525	10.7	24	3
Chadwick	27	478	17.7	54	4
Skansi	22	257	11.7	25	2
Fenner	17	143	8.4	50	1
SEA	265	3194	12.1	63	15
OPP	300	3256	10.9	46	19

Interceptions	No	Yds	Avg	LG	TD
Robinson	3	89	29.7	39	0
Harper	3	69	23.0	47	0
SEA	12	182	15.2	47	0
OPP	20	252	12.6	42	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Donnelly	67	2722	40.6	34.4	8	18	54	0
SEA	67	2722	40.6	34.4	8	18	54	0
OPP	77	3225	41.9	36.2	5	22	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	28	16	269	9.6	39	0
Jefferson	8	0	68	8.5	14	0
SEA	36	16	337	9.4	39	0
OPP	29	21	254	8.8	66	2

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	23	478	20.8	71	0
Loville	18	359	19.9	29	0
SEA	50	985	19.7	71	0
OPP	51	910	17.8	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Johnson	2-2	7-7	8-14	5-6	1-3
SEA	2-2	7-7	8-14	5-6	1-3
OPP	0-0	11-11	3-5	5-8	1-3

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Glasgow	83	70	13	2.0	2	3	1
Robinson	82	63	19	0.0	5	1	4
Harper	71	62	9	0.0	4	1	0
Green	60	44	16	12.5	2	3	1
Hunter	56	48	8	0.0	10	1	1
Nash	53	41	12	1.0	0	1	1

Record (Finish): 9-7 (3rd, AFC West)

Head Coach: Chuck Knox (73-54, .575)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: DE Jacob Green

MVP: FB John L. Williams

Pro Bowl: FB John L. Williams (1)

National Honors: SS Kenny Easley and WR Steve Largent, All-NFL Decade of the 1980's Team (Hall of Fame)

First-Team All-NFL: None

OFFENSE

Pos.		Starts
WR	Tommy Kane	11
LT	Andy Heck	16
LG	Edwin Bailey	11
C	Grant Feasel	16
RG	Bryan Millard	16
RT	Ronnie Lee	9
	Ron Mattes	7
TE	Travis McNeal	14
WR	Brian Blades	16
QB	Dave Krieg	16
RB	Derrick Fenner	15
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Joe Nash	16
RT	Jeff Bryant	14
	Cortez Kennedy*	2
RE	Tony Woods	15
LLB	Terry Wooden*	8
MLB	Darren Comeaux	8
	Dave Wyman	8
RLB	Rufus Porter	12
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Nesby Glasgow	13
	Robert Blackmon*	3
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Norm Johnson	16
P	Rick Donnelly	16

* Rookie or first-year player

1990 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Raiders	12	4	0	.750	337	268
Kansas City*	11	5	0	.688	369	257
Seattle	9	7	0	.563	306	286
San Diego	6	10	0	.375	315	281
Denver	5	11	0	.313	331	374

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
SEA	448	265	3194	59.2	7.13	15	3.3	20	4.5	63	40/360	73.6
OPP	504	300	3256	59.5	6.46	19	3.8	12	2.4	46	33/252	81.3

1991 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	27-24	at New Orleans	68,492
09/08	W	20-13	N.Y. Jets	56,770
09/15	L	16-10	at Denver	74,152
09/22	L	20-13	at Kansas City	71,789
09/29	W	31-3	Indianapolis	56,656
10/06	W	13-7	at Cincinnati	60,010
10/13	L	23-20	L.A. Raiders (OT)	61,974
10/20	W	27-7	at Pittsburgh	54,678
10/27	W	20-9	San Diego	58,025
11/03			BYE	
11/10	L	17-14	at San Diego	43,597
11/17	L	31-7	at L.A. Raiders	49,317
11/24	W	13-10	Denver	60,430
12/01	L	19-6	Kansas City	57,248
12/08	L	24-22	San Francisco	56,711
12/15	L	26-13	at Atlanta	53,834
12/22	W	23-9	L.A. Rams	51,100

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	253	263
Rushing	80	92
Passing	159	159
Penalty	14	12
3rd Down: Made/Att.	67/193	78/220
3rd Down Pct.	34.7	35.5
4th Down: Made/Att.	2/9	9/20
4th Down Pct.	22.2	45.0
POSSESSION AVG.	29:27	30:33
TOTAL NET YARDS	4534	4703
Avg. Per Game	283.4	293.9
Total Plays	924	988
Avg. Per Play	4.9	4.8
NET YARDS RUSHING	1426	1684
Avg. Per Game	89.1	105.3
Total Rushes	394	435
NET YARDS PASSING	3108	3019
Avg. Per Game	194.3	188.7
Sacked/Yards Lost	42/263	36/269
Gross Yards	3371	3288
Att./Completions	488/290	517/296
Completion Pct.	59.4	57.3
Had Intercepted	26	18
PUNTS/AVERAGE	76/40.6	79/39.1
NET PUNTING AVG.	35.7	33.0
PENALTIES/YARDS	85/682	108/845
FUMBLES/BALL LOST	26/17	34/21
TOUCHDOWNS	29	25
Rushing	11	4
Passing	15	18
Returns	3	3
TOTAL POINTS	276	261

By Quarters	1	2	3	4	OT	Tot
SEA	39	78	79	80	0	276
OPP	25	112	47	74	3	261

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	27/28	25/31	0	102
Williams	5	4	1	0	0	0	0	30
Fenner	4	4	0	0	0	0	0	24
Tice	4	0	4	0	0	0	0	24
SEA	29	11	15	3	27/29	25/31	0	276
OPP	25	4	18	3	25/25	28/32	1	261

Rushing	Att	Yds	Avg	LG	TD
Williams	188	741	3.9	42	4
Fenner	91	267	2.9	15	4
Jones	45	154	3.4	22	3
SEA	394	1426	3.6	42	11
OPP	435	1684	3.9	32	4

Receiving	No	Yds	Avg	LG	TD
Blades	70	1003	14.3	52	2
Williams	61	499	8.2	35	1
Kane	50	763	15.3	60	2
Chadwick	22	255	11.6	29	3
SEA	290	3371	11.6	60	15
OPP	296	3288	11.1	61t	18

Interceptions	No	Yds	Avg	LG	TD
Robinson	5	56	11.2	27	0
Harper	4	84	21.0	43	0
SEA	18	302	16.8	43	2
OPP	26	334	12.8	58	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	49	2106	43.0	36.9	3	8	60	0
Donnelly	13	505	38.8	33.8	1	1	57	0
Waits	14	474	33.9	33.6	0	2	50	0
SEA	76	3085	40.6	35.7	4	11	60	0
OPP	79	3089	39.1	33.0	8	20	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	32	19	298	9.3	59t	1
SEA	38	20	325	8.6	59t	1
OPP	40	18	289	7.2	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	35	792	22.6	55	0
Loville	18	412	22.9	50	0
SEA	60	1280	21.3	55	0
OPP	51	858	16.8	38	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/6	11/14	6/7	2/3
SEA	1/1	5/6	11/14	6/7	2/3
OPP	1/1	7/7	9/9	6/7	5/8

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	105	80	25	2.0	9	1	4
Robinson	91	67	24	1.0	3	1	1
Porter	71	51	20	10.0	15	4	0
Comeaux	69	51	18	0.5	5	4	0
Harper	69	58	11	0.0	1	1	0
Kennedy	67	59	8	6.5	12	1	1

Record (Finish): 7-9 (4th, AFC West)

Head Coach: Chuck Knox (80-63, .559)

Assistants: Tom Catlin (Asst. Head Coach/Def. Coord./OLBs), John Becker (Off. Coord./WRs), George Dyer (DL), Chick Harris (RBs), Ken Meyer (QBs), Paul Moyer (Staff Asst.), Rod Perry (DBs), Russ Purnell (TEs/Asst. Sp. Teams), Frank Raines (Strength & Cond.), Kent Stephenson (OL), Rusty Tillman (Sp. Teams/ILBs), Joe Vitt (Sp. Assign.)

Captains: QB Dave Krieg (Off.), DE Jacob Green (Def.), Game-to-Game (Sp. Teams)

Largent Award: LB Rufus Porter

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (1), FB John L. Williams (2)

National Honors: None

First-Team All-NFL: CB Dwayne Harper (*SI*), FS Eugene Robinson (*SI*)

OFFENSE

Pos.		Starts
WR	Tommy Kane	15
LT	Andy Heck	16
LG	Warren Wheat	7
	Darrick Brilz	6
C	Grant Feasel	15
RG	Bryan Millard	16
RT	Bill Hitchcock	9
	Ronnie Lee	7
TE	Mike Tice	15
WR	Brian Blades	16
QB	Dave Krieg	9
	Jeff Kemp	5
	Dan McGwire*	1
	Kelly Stouffer	1
RB	Derrick Fenner	8
	James Jones	6
FB	John L. Williams	16

DEFENSE

LE	Jacob Green	16
LT	Jeff Bryant	14
RT	Cortez Kennedy	16
RE	Tony Woods	14
LLB	Terry Wooden	15
MLB	Darren Comeaux	11
RLB	Rufus Porter	15
LCB	Dwayne Harper	16
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay*	16
P	Rick Tuten	10

* Rookie or first-year player

1991 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	12	4	0	.750	304	235
Kansas City*	10	6	0	.625	322	252
L.A. Raiders*	9	7	0	.563	298	297
Seattle	7	9	0	.438	276	261
San Diego	4	12	0	.250	274	342

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Krieg	285	187	2080	65.6	7.30	11	3.9	12	4.2	60	32/216	82.5
Kemp	181	94	1207	51.9	6.67	4	2.2	12	6.6	52	8/38	52.9
Stouffer	15	6	57	40.0	3.80	0	0.0	1	6.7	19	2/9	23.5
McGwire	7	3	27	42.9	3.86	0	0.0	1	14.3	13	0/0	14.3
SEA	488	290	3371	59.4	6.91	15	3.1	26	5.3	60	42/263	68.4

1992 REVIEW (2-14)

Date	W/L	Score	Opponents	Att
09/06	L	21-3	Cincinnati	57,350
09/13	L	26-7	at Kansas City	75,125
09/20	W	10-6	at New England	42,327
09/27	L	19-17	Miami	59,374
10/04	L	17-6	at San Diego	36,783
10/11	L	27-0	at Dallas	62,311
10/18	L	19-0	L.A. Raiders	56,904
10/25	L	23-10	at N.Y. Giants	67,399
11/01			BYE	
11/08	L	16-3	Washington	53,616
11/15	L	20-3	at L.A. Raiders	46,862
11/22	L	24-14	Kansas City	49,867
11/30	W	16-13	Denver (OT)	51,612
12/06	L	20-14	at Pittsburgh	47,015
12/13	L	20-17	Philadelphia (OT)	47,492
12/20	L	10-6	at Denver	72,570
12/27	L	31-14	San Diego	49,324

Team Statistics	Seattle	Opp
TOTAL FIRST DOWNS	208	247
Rushing	77	96
Passing	114	129
Penalty	17	22
3rd Down: Made/Att.	59/222	75/230
3rd Down Pct.	26.6	32.6
4th Down: Made/Att.	5/17	6/9
4th Down Pct.	29.4	66.7
POSSESSION AVG.	29:01	30:59
TOTAL NET YARDS	3374	4583
Avg. Per Game	210.9	286.4
Total Plays	945	987
Avg. Per Play	3.6	4.6
NET YARDS RUSHING	1596	1922
Avg. Per Game	99.8	120.1
Total Rushes	402	513
NET YARDS PASSING	1778	2661
Avg. Per Game	111.1	166.3
Sacked/Yards Lost	67/545	46/317
Gross Yards	2323	2978
Att./Completions	476/230	428/251
Completion Pct.	48.3	58.6
Had Intercepted	23	20
PUNTS/AVERAGE	108/44.1	96/41.8
NET PUNTING AVG.	38.7	36.8
PENALTIES/YARDS	111/918	100/776
FUMBLES/BALL LOST	37/18	25/11
TOUCHDOWNS	14	32
Rushing	4	14
Passing	9	11
Returns	1	7
TOTAL POINTS	140	312

By Quarters	1	2	3	4	OT	Tot
SEA	20	53	34	30	3	140
OPP	63	87	74	85	3	312

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	14/14	14/22	0	56
Kane	3	0	3	0	0/0	0/0	0	18
Warren	3	3	0	0	0/0	0/0	0	18
Williams	3	1	2	0	0/0	0/0	0	18
SEA	14	4	9	1	14/14	14/22	0	140
OPP	32	14	11	7	29/32	29/36	2	312

Rushing	Att	Yds	Avg	LG	TD
Warren	223	1017	4.6	52	3
Williams	114	339	3.0	14	1
Gelbaugh	16	79	4.9	22	0
SEA	402	1596	4.0	52	4
OPP	513	1922	3.7	66t	14

Receiving	No	Yds	Avg	LG	TD
Williams	74	556	7.5	27	2
Kane	27	369	13.7	31	3
J. Jones	21	190	9.0	30	0
L. Clark	20	290	14.5	33	1
Blades	19	256	13.5	37	1
SEA	230	2323	10.1	57	9
OPP	251	2978	11.9	72t	11

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	7	126	18.0	49	0
Harper	3	74	24.7	41	0
SEA	20	324	16.2	69	0
OPP	23	231	10.0	40	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	108	4760	44.1	38.7	8	29	65	0
SEA	108	4760	44.1	38.7	8	29	65	0
OPP	96	4015	41.8	36.8	10	23	65	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Warren	34	25	252	7.4	16	0
SEA	38	27	283	7.4	16	0
OPP	56	26	416	7.4	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Warren	28	524	18.7	34	0
Mayes	19	311	16.4	29	0
SEA	50	885	17.7	34	0
OPP	36	685	19.0	64	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	0-0	4-5	8-11	2-6	0-0
SEA	0-0	4-5	8-11	2-6	0-0
OPP	0-0	5-5	14-16	7-11	3-4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	94	64	30	0.0	10	2	1
Kennedy	92	76	16	14.0	5	4	1
Porter	90	68	22	9.5	2	2	0
Wyman	83	54	29	0.0	1	2	1
P. Hunter	67	55	12	0.0	13	1	1
Nash	67	46	21	4.5	0	0	0

Record (Finish): 2-14 (5th, AFC West)

Head Coach: Tom Flores (2-14, .125)

Assistants: Tom Catlin (Asst. HC/Def.), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Hudson Houck (OL), Paul Moyer (DBs), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), RB James Jones (Sp. Teams)

Largent Award: DE Jeff Bryant and DT Joe Nash

MVP: DT Cortez Kennedy

Pro Bowl: DT Cortez Kennedy (2), FS Eugene Robinson (1)

National Honors: DT Cortez Kennedy, NFL Defensive Player of the Year (*AP, PFW/PFWA, C&PFN*)

All-NFL: DT Cortez Kennedy (*AP, SI, SN, USAT, PFW/PFWA, C&PFN, NEA*)

OFFENSE

Pos.		Starts
WR	Tommy Kane	11
LT	Ray Roberts*	16
LG	Andy Heck	13
C	Joe Tofflemire	16
RG	Darrick Brilz	16
RT	Bill Hitchcock	11
TE	Ron Heller	11
WR	Louis Clark	10
	Brian Blades	5
QB	Stan Gelbaugh	8
	Kelly Stouffer	7
	Dan McGwire	1
RB	Chris Warren	16
FB	John L. Williams	16

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Tony Woods	15
LLB	Terry Wooden	8
	Joe Cain	8
MLB	Dave Wyman	11
RLB	Rufus Porter	16
LCB	Dwayne Harper	16
RCB	Patrick Hunter	16
SS	Robert Blackmon	15
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

1992 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	335	241
Kansas City*	10	6	0	.625	348	282
Denver	8	8	0	.500	262	329
L.A. Raiders	7	9	0	.438	249	281
Seattle	2	14	0	.125	140	312

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Gelbaugh	255	121	1307	47.5	5.13	6	2.4	11	4.3	57	34/265	52.9
Stouffer	190	92	900	48.4	4.74	3	1.6	9	4.7	33	26/222	47.7
McGwire	30	17	116	56.7	3.87	0	0.0	3	10.0	20	7/58	25.8
SEA	476	230	2323	48.3	4.88	9	1.9	23	4.8	57	67/545	48.9
OPP	428	251	2978	58.6	6.96	11	2.6	20	4.7	72t	46/317	69.0

1993 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/05	L	18-12	at San Diego	58,039
09/12	L	17-13	L.A. Raiders	58,836
09/19	W	17-14	at New England	50,392
09/26	W	19-10	at Cincinnati	46,880
10/03	W	31-14	San Diego	54,778
10/10			BYE	
10/17	L	30-10	at Detroit	60,801
10/24	W	10-9	New England	56,526
10/31	L	28-17	at Denver	73,644
11/07	L	24-14	at Houston	50,447
11/14	W	22-5	Cleveland	54,622
11/21			BYE	
11/28	L	17-9	Denver	57,812
12/05	L	31-16	Kansas City	58,551
12/12	L	27-23	at L.A. Raiders	38,161
12/19	L	30-27	Phoenix (OT)	45,737
12/26	W	16-6	Pittsburgh	51,814
01/02	L	34-24	at Kansas City	72,136

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	279	322
Rushing	114	106
Passing	144	193
Penalty	21	23
3rd Down: Made/Att.	80/224	91/229
3rd Down Pct.	35.7	39.7
4th Down: Made/Att.	6/14	6/13
4th Down Pct.	42.9	46.2
POSSESSION AVG.	29:02	30:58
TOTAL NET YARDS	4669	5313
Avg. Per Game	291.8	332.1
Total Plays	1019	1085
Avg. Per Play	4.6	4.9
NET YARDS RUSHING	2015	1660
Avg. Per Game	125.9	103.8
Total Rushes	473	452
NET YARDS PASSING	2654	3653
Avg. Per Game	165.9	228.3
Sacked/Yards Lost	48/242	38/244
Gross Yards	2896	3897
Att./Completions	498/280	595/333
Completion Pct.	56.2	56.0
Had Intercepted	18	22
PUNTS/AVERAGE	91/44.0	73/42.4
NET PUNTING AVG.	37.3	35.6
PENALTIES/YARDS	99/745	110/818
FUMBLES/BALL LOST	25/13	23/15
TOUCHDOWNS	29	32
Rushing	13	12
Passing	13	16
Returns	0	3
Defensive	3	1
SAFETIES	4	2
TOTAL POINTS	280	314

By Quarters	1	2	3	4	OT	Tot
SEA	72	64	45	99	0	280
OPP	65	104	66	76	3	314

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	29/29	23/28	0	98
C. Warren	7	7	0	0	0	0	0	42
Martin	5	0	5	0	0	0	0	30
Williams	4	3	1	0	0	0	0	24
SEA	29	13	13	3	29/29	23/28	4	280
OPP	32	12	16	4	31/32	29/39	2	314

Rushing	Att	Yds	Avg	LG	TD
C. Warren	273	1072	3.9	45t	7
Williams	82	371	4.5	38	3
Mirer	68	343	5.0	33	3
Vaughn	36	153	4.3	37	0
SEA	473	2015	4.3	45t	13
OPP	452	1660	3.7	30t	12

Receiving	No	Yds	Avg	LG	TD
Blades	80	945	11.8	41	3
Williams	58	450	7.8	25	1
Martin	57	798	14.0	53t	5
Edmunds	24	239	10.0	32	2
Green	23	178	7.7	20	1
SEA	280	2896	10.3	53t	13
OPP	333	3897	11.7	58t	16

Interceptions	No	Yds	Avg	LG	TD
E. Robinson	9	80	8.9	28	0
Hunter	4	54	13.5	34	0
Gray	3	33	11.0	16	0
SEA	22	196	8.9	34	1
OPP	18	159	8.8	40	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	90	4007	44.5	37.3	7	21	64	1
SEA	91	4007	44.0	37.3	7	21	64	1
OPP	73	3097	42.4	35.6	11	19	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	32	15	270	8.4	33	0
SEA	33	15	280	8.5	33	0
OPP	47	21	475	10.1	74t	1

Kickoff Returns	No	FC	Yds	Avg	LG	TD
Bates	30	0	603	20.1	46	0
Vaughn	16	0	280	17.5	31	0
SEA	50	0	931	18.6	46	0
OPP	52	1	967	18.6	95t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	5/5	10/11	4/6	3/5
SEA	1/1	5/5	10/11	4/6	3/5
OPP	2/2	7/7	8/10	7/13	5/7

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
E. Robinson	111	84	27	2.0	15	3	2
Wooden	106	73	33	2.5	9	3	1
Stephens	105	75	30	2.5	1	2	1
Kennedy	77	60	17	6.5	3	1	1
Blackmon	74	55	19	0.0	11	0	1

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (8-24, .250)

Assistants: Tom Catlin (Asst. Head Coach), Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)

Captains: FB John L. Williams (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

Largent Award: S Eugene Robinson

MVP: FS Eugene Robinson

Pro Bowl: DT Cortez Kennedy (3), FS Eugene Robinson (2), RB Chris Warren (1)

National Honors: QB Rick Mirer, NFL Offensive Rookie of the Year (*NFLPA, FBD*)

All-NFL: DT Cortez Kennedy (*AP, SI*), FS Eugene Robinson (*PFWA/PFW,* Films, *USA TODAY*)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	14
LT	Ray Roberts	16
LG	Darrick Brilz	16
C	Ray Donaldson	16
RG	Bill Hitchcock	14
RT	Andy Heck	16
TE	Paul Green	8
	Ferrell Edmunds	16
WR	Brian Blades	14
QB	Rick Mirer*	16
RB	Chris Warren	14
FB	John L. Williams	9

DEFENSE

LE	Jeff Bryant	15
LT	Joe Nash	16
RT	Cortez Kennedy	16
RE	Natu Tuatagaloa	15
RLB	Terry Wooden	16
MLB	Rod Stephens	13
RLB	Kevin Murphy	10
	Rufus Porter	6
LCB	Dwayne Harper	14
RCB	Patrick Hunter	15
SS	Robert Blackmon	16
FS	Eugene Robinson	16

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

1993 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	11	5	0	.688	328	291
L.A. Raiders*	10	6	0	.625	306	326
Denver*	9	7	0	.563	373	284
San Diego	8	8	0	.500	322	290
Seattle	6	10	0	.375	280	314

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	486	274	2833	56.4	5.83	12	2.5	17	3.5	53t	47/235	67.0
SEA	498	280	2896	56.2	5.82	13	2.6	18	3.6	53t	48/242	66.8
OPP	595	333	3897	56.0	6.55	16	2.7	22	3.7	58t	38/244	69.6

1994 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/04	W	28-7	at Washington	52,930
09/11	W	38-9	at L.A. Raiders	47,319
09/18	L	24-10	San Diego*	65,536
09/25	W	30-13	Pittsburgh*	59,637
10/02	L	17-15	at Indianapolis	49,876
10/09	L	16-9	Denver*	63,872
10/16			BYE	
10/23	L	38-23	at Kansas City	78,847
10/30	L	35-15	at San Diego	59,001
11/06	L	20-17	Cincinnati (OT)	46,630
11/13	L	17-10	at Denver	71,290
11/20	W	22-21	Tampa Bay	37,466
11/27	W	10-9	Kansas City	54,120
12/04	L	31-19	Indianapolis	39,574
12/11	W	16-14	at Houston	31,453
12/18	L	17-16	L.A. Raiders	53,301
12/24	L	35-9	at Cleveland	54,180

* at Husky Stadium

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	285	318
Rushing	114	122
Passing	143	178
Penalty	28	18
3rd Down: Made/Att.	89/235	83/224
3rd Down Pct.	37.9	37.1
4th Down: Made/Att.	10/19	8/20
4th Down Pct.	52.6	40.0
POSSESSION AVG.	28:35	31:25
TOTAL NET YARDS	4652	5349
Avg. Per Game	290.8	334.3
Total Plays	1018	1077
Avg. Per Play	4.6	5.0
NET YARDS RUSHING	2084	1952
Avg. Per Game	130.3	122.0
Total Rushes	480	511
NET YARDS PASSING	2568	3397
Avg. Per Game	160.5	212.3
Sacked/Yards Lost	40/241	29/206
Gross Yards	2809	3603
Att./Completions	498/253	537/313
Completion Pct.	50.8	58.3
Had Intercepted	9	19
PUNTS/AVERAGE	91/42.9	78/40.9
NET PUNTING AVG.	36.7	35.5
PENALTIES/YARDS	114/898	103/773
FUMBLES/BALL LOST	31/19	21/11
TOUCHDOWNS	32	34
Rushing	16	15
Passing	13	15
Returns	1	1
Defensive	2	3
TOTAL POINTS	287	323

By Quarters	1	2	3	4	OT	Tot
SEA	53	74	49	111	0	287
OPP	48	98	65	109	3	323

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Kasay	0	0	0	0	25/26	20/24	0	85
C. Warren	11	9	2	0	0	0	0	68
Blades	4	0	4	0	0	0	0	28
SEA	32	16	13	3	25/26	20/24	1	287
OPP	34	15	15	4	28/28	27/33	1	323

2-Point PATs: Tuten 1-2; Blades 1-1; McGwire 0-1; Vaughn 1-1; C. Warren 1-1
SEA 4-6. OPP 4-6

Rushing	Att	Yds	Avg	LG	TD
C. Warren	333	1545	4.6	41	9
Mirer	34	153	4.5	14	0
Strong	27	114	4.2	14t	1
SEA	480	2084	4.3	41	16
OPP	511	1952	3.8	45t	15

Receiving	No	Yds	Avg	LG	TD
Blades	81	1086	13.4	45	4
Martin	56	681	12.2	32	1
C. Warren	41	323	7.9	51	2
SEA	253	2809	11.1	51	13
OPP	313	3603	11.5	99t	15

Interceptions	No	Yds	Avg	LG	TD
4 players with	3				
SEA	19	284	14.9	69t	2
OPP	9	210	23.3	73t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	91	3905	42.9	36.7	7	33	64	0
SEA	91	3905	42.9	36.7	7	33	64	0
OPP	78	3188	40.9	35.5	4	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Martin	33	20	280	8.5	23	0
SEA	37	23	337	9.1	31	0
OPP	43	21	426	9.9	78t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Bates	26	508	19.5	38	0
Vaughn	18	443	24.6	93t	1
SEA	67	1467	21.9	93t	1
OPP	61	1229	20.1	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
Kasay	1/1	1/1	11/11	6/9	1/2
SEA	1/1	1/1	11/11	6/9	1/2
OPP	0/0	9/9	13/16	5/8	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Stephens	128	95	33	2.5	0	3	2
Wooden	127	94	33	1.5	7	1	1
E. Robinson	80	65	15	1.0	8	0	1
Porter	75	61	14	1.5	6	0	0

Record (Finish): 6-10 (5th, AFC West)

Head Coach: Tom Flores (14-34, .292)

Assistants: Larry Kennan (Off. Coord./QBs), Rusty Tillman (Def. Coord./LBs), Tommy Brasher (DL), Bob Bratkowski (WRs), Dave Brown (Def.), Tom Catlin (Quality Control), Arnie Matsumoto (Staff Asst.), Paul Moyer (DBs), Howard Mudd (OL), Russ Purnell (TEs/Sp. Teams), Frank Raines (Strength & Cond.), Clarence Shelmon (RBs)

Captains: C Ray Donaldson (Off.), FS Eugene Robinson (Def.), FB Tracy Johnson & TE Trey Junkin (Sp. Teams)

Largent Award: WR Brian Blades

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (4), P Rick Tuten (1), RB Chris Warren (2)

All-NFL: DT Cortez Kennedy (*AP, SI, CPFN*), P Rick Tuten (*SI*)

OFFENSE

Pos.		Starts
WR	Kelvin Martin	15
LT	Ray Roberts	14
LG	Jeff Blackshear	16
C	Ray Donaldson	16
RG	Kevin Mawae*	11
RT	Howard Ballard	16
TE	Paul Green	11
	Ferrell Edmunds	7
WR	Brian Blades	16
QB	Rick Mirer	13
	Dan McGwire	3
RB	Chris Warren	15
FB	Tracy Johnson	10

DEFENSE

LE	Antonio Edwards	8
	Sam Adams*	6
LT	Joe Nash	15
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	6
LLB	Terry Wooden	15
MLB	Rod Stephens	16
RLB	Rufus Porter	14
LCB	Carlton Gray	11
	Tony Brown	5
RCB	Patrick Hunter	5
	Terry Taylor	3
SS	Robert Blackmon	15
FS	Eugene Robinson	14

SPECIAL TEAMS

K	John Kasay	16
P	Rick Tuten	16

* Rookie or first-year player

1994 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Diego	11	5	0	.688	381	306
Kansas City*	9	7	0	.563	319	398
L.A. Raiders	9	7	0	.563	303	327
Denver	7	9	0	.438	347	396
Seattle	6	10	0	.375	287	323

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	381	195	2151	51.2	5.65	11	2.9	7	1.8	51	27/145	70.2
McGwire	105	51	578	48.6	5.65	1	1.0	2	1.9	36	13/96	60.7
SEA	498	253	2809	50.8	5.64	13	2.6	9	1.8	51	40/241	69.1
OPP	537	313	3603	58.3	6.71	15	2.8	19	3.5	99t	29/206	73.2

1995 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/03	L	34-10	Kansas City	47,564
09/10	L	14-10	at San Diego	54,420
09/17	W	24-21	Cincinnati	39,492
09/24			BYE	
10/01	W	27-10	Denver	49,914
10/08	L	34-14	at Oakland	50,213
10/15	L	27-21	at Buffalo	74,362
10/22	L	35-25	San Diego	45,821
10/29	L	20-14	at Arizona (OT)	39,600
11/05	W	30-28	N.Y. Giants	42,100
11/12	W	47-30	at Jacksonville	71,290
11/19	W	27-20	at Washington	51,298
11/26	L	16-10	N.Y. Jets	41,160
12/03	W	26-14	Philadelphia	39,893
12/10	W	31-27	at Denver	71,488
12/17	W	44-10	Oakland	58,428
12/24	L	26-3	at Kansas City	75,784

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	321
Rushing	121	116
Passing	171	181
Penalty	19	24
3rd Down: Made/Att.	82/217	81/218
3rd Down Pct.	37.8	37.2
4th Down: Made/Att.	9/13	10/18
4th Down Pct.	69.2	55.6
POSSESSION AVG.	28:30	31:30
TOTAL NET YARDS	5270	5669
Avg. Per Game	329.4	354.3
Total Plays	1033	1078
Avg. Per Play	5.1	5.3
NET YARDS RUSHING	2178	2130
Avg. Per Game	136.1	133.1
Total Rushes	477	496
NET YARDS PASSING	3092	3539
Avg. Per Game	193.3	221.2
Sacked/Yards Lost	45/267	28/167
Gross Yards	3359	3706
Att./Completions	511/273	554/310
Completion Pct.	53.4	56.0
Had Intercepted	23	16
PUNTS/AVERAGE	83/45.0	81/42.6
NET PUNTING AVG.	36.5	36.4
PENALTIES/YARDS	100/852	114/901
FUMBLES/BALL LOST	24/9	17/9
TOUCHDOWNS	42	43
Rushing	20	11
Passing	19	26
Returns	1	2
Defensive	2	4
TOTAL POINTS	363	366

By Quarters	1	2	3	4	OT	Tot
SEA	79	77	88	119	0	363
OPP	90	128	48	94	6	366

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	40/40	23/28	0	109
Warren	16	15	1	0	0	0	0	96
Galloway	9	1	7	1	0	0	0	54
SEA	42	20	19	3	40/40	23/28	1	363
OPP	43	11	26	6	36/37	24/35	0	366

2-Point PATs: Mirer 0-1, Warren 0-1
SEA 0-2. OPP 0-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	310	1346	4.3	52	15
Broussard	46	222	4.8	21t	1
L. Smith	36	215	6.0	68	0
SEA	477	2178	4.6	86t	20
OPP	496	2130	4.3	46	11

Receiving	No	Yds	Avg	LG	TD
Blades	77	1001	13.0	49	4
Galloway	67	1039	15.5	59t	7
Warren	35	247	7.1	20t	1
Crumpler	23	254	11.0	24	1
SEA	273	3359	12.3	59t	19
OPP	310	3706	12.0	88t	26

Interceptions	No	Yds	Avg	LG	TD
Blackmon	5	46	9.2	21	0
Gray	4	45	11.3	26	0
SEA	16	127	7.9	32	0
OPP	24	384	16.0	72t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	83	3735	45.0	36.5	8	21	73	0
SEA	83	3735	45.0	36.5	8	21	73	0
OPP	81	3449	42.6	36.4	6	24	62	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	36	12	360	10.0	89t	1
SEA	40	13	384	9.6	89t	1
OPP	48	7	549	11.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	1064	24.7	70	0
SEA	72	1620	22.5	70	0
OPP	70	1669	23.8	99t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	5/5	9/10	8/10	0/2
SEA	1/1	5/5	9/10	8/10	0/2
OPP	1/1	10/13	5/7	7/9	1/5

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wooden	135	114	21	0.0	8	1	0
E. Robinson	105	79	26	0.0	4	0	1
Moss	88	65	23	2.0	5	1	2
C. Harris	85	77	8	0.0	12	1	1
Gray	73	68	5	0.0	19	0	0

Record (Finish): 8-8, (3rd, AFC West)

Head Coach: Dennis Erickson (8-8, .500)

Assistants: Gregg Smith (Asst. Head Coach/ TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def.), Tom Catlin (Quality Control), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Arnie Matsumoto (Def. Asst.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer (Off.), S Eugene Robinson (Def.), TE Trey Junkin (Sp. Teams)

Largent Award: LB Terry Wooden

MVP: RB Chris Warren

Pro Bowl: DT Cortez Kennedy (5), RB Chris Warren (3)

National Honors: WR Steve Largent inducted into Pro Football Hall of Fame

OFFENSE

Pos.		Starts
WR	Joey Galloway*	16
LT	James Atkins	16
LG	Matt Joyce*	13
C	Jim Sweeney	16
RG	Kevin Mawae	16
RT	Howard Ballard	16
TE	Christian Fauria*	9
	Carlester Crumpler	7
WR	Brian Blades	16
QB	Rick Mirer	13
	John Friesz	3
RB	Chris Warren	16
FB	Steve Smith	7
	Tracy Johnson	4

DEFENSE

LE	Michael Sinclair	15
LT	Joe Nash	11
	Sam Adams	5
RT	Cortez Kennedy	16
RE	Brent Williams	9
	Antonio Edwards	7
SLB	Terry Wooden	16
MLB	Dean Wells	10
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	13
FS	Eugene Robinson	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

1995 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	358	241
San Diego*	9	7	0	.563	321	323
Seattle	8	8	0	.500	363	366
Denver	8	8	0	.500	388	345
Oakland	8	8	0	.500	348	332

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Mirer	391	209	2564	53.5	6.56	13	3.3	20	5.1	59t	42/255	63.7
Friesz	120	64	795	53.3	6.63	6	5.0	3	2.5	43t	3/12	80.4
SEA	511	273	3359	53.4	6.57	19	3.7	23	4.5	59t	45/267	67.6
OPP	554	310	3706	56.0	6.69	26	4.7	16	2.9	88t	28/167	80.2

1996 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/01	L	29-7	at San Diego	58,780
09/08	L	30-20	Denver	43,671
09/15	L	35-17	Kansas City	39,790
09/22	W	17-13	at Tampa Bay	30,212
09/29	L	31-10	Green Bay	59,973
10/06	W	22-15	at Miami	59,539
10/13			BYE	
10/17	L	34-16	at Kansas City	76,057
10/27	W	32-13	San Diego	38,143
11/03	W	23-16	Houston	36,320
11/10	W	42-23	Minnesota	50,794
11/17	L	17-16	at Detroit	51,194
11/24	L	27-21	Oakland	47,506
12/01	L	34-7	at Denver	74,982
12/08	W	26-18	Buffalo	41,373
12/15	L	20-13	at Jacksonville	66,134
12/22	W	28-21	at Oakland	33,455

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	268	325
Rushing	94	114
Passing	147	181
Penalty	27	30
3rd Down: Made/Att.	64/212	80/211
3rd Down Pct.	30.2	37.9
4th Down: Made/Att.	7/17	7/15
4th Down Pct.	41.2	46.7
POSSESSION AVG.	28:01	31:59
TOTAL NET YARDS	5024	5437
Avg. Per Game	314.0	339.8
Total Plays	974	1066
Avg. Per Play	5.2	5.1
NET YARDS RUSHING	1997	2098
Avg. Per Game	124.8	131.1
Total Rushes	442	506
NET YARDS PASSING	3027	3339
Avg. Per Game	189.2	208.7
Sacked/Yards Lost	38/189	48/285
Gross Yards	3216	3624
Att./Completions	494/261	512/303
Completion Pct.	52.8	59.2
Had Intercepted	17	14
PUNTS/AVG.	86/43.6	76/42.3
Net Punting Avg.	34.5	34.0
PENALTIES/YARDS	112/879	98/804
FUMBLES/ LOST	24/12	37/18
TOUCHDOWNS	33	40
Rushing	16	15
Passing	14	25
Defense	1	0
Returns	2	0
TOTAL POINTS	317	376

By Quarters	1	2	3	4	OT	Tot
SEA	53	117	57	90	--	317
OPP	85	111	64	116	--	376

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	27/27	28/34	0	111
Smith	8	8	0	0	0	0	0	54
Galloway	8	0	7	1	0	0	0	48
Warren	5	5	0	0	0	0	0	32
SEA	33	16	14	3	27/27	28/34	0	317
OPP	40	15	25	0	35/35	31/34	1	376

2-Point PATs: Smith 3-3, Warren 1-3
SEA 4-6. OPP 3-5.

Rushing	Att	Yds	Avg	LG	TD
Warren	203	855	4.2	51	5
Smith	153	680	4.4	29	8
Mirer	33	191	5.8	33	2
SEA	442	1997	4.5	51	16
OPP	506	2098	4.1	40	15

Receiving	No	Yds	Avg	LG	TD
Galloway	57	987	17.3	65t	7
Blades	43	556	12.9	80t	2
Warren	40	273	6.8	33	0
Crumpler	26	258	9.9	26	0
Proehl	23	309	13.4	56	2
SEA	261	3216	12.3	80t	14
OPP	303	3624	12.0	65t	25

Interceptions	No	Yds	Avg	LG	TD
D. Williams	5	148	29.6	79t	1
2 players with	3				
SEA	14	256	18.3	79t	1
OPP	17	305	17.9	63	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	85	3746	44.1	34.5	7	21	66	1
SEA	86	3746	43.6	34.5	7	21	66	1
OPP	76	3214	42.3	34.0	14	23	57	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	15	5	158	10.5	88t	1
R. Harris	19	10	194	10.2	35	0
SEA	34	15	352	10.4	88t	1
OPP	52	17	640	12.3	50	0

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	43	979	22.8	86	0
SEA	71	1542	21.7	86	0
OPP	72	1642	22.8	60	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	11/13	7/7	8/11	2/3
SEA	0/0	11/13	7/7	8/11	2/3
OPP	3/3	9/9	8/11	9/9	2/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Wells	107	82	25	1.0	4	0	2
Moss	106	77	29	1.0	4	0	0
Blackmon	102	80	22	1.0	7	3	0
D. Williams	80	67	13	0.0	11	0	1
McCrary	76	57	19	13.5	3	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Friesz	211	120	1629	56.9	7.72	8	3.8	4	1.9	80t	12/77	86.4
Mirer	265	136	1546	51.3	5.83	5	1.9	12	4.5	60	22/84	56.6
SEA	494	261	3216	52.8	6.51	14	2.8	17	3.4	80t	38/189	68.3
OPP	512	303	3624	59.2	7.08	25	4.9	14	2.7	65t	48/285	85.8

Record (finish): 7-9 (T4th, AFC West)

Head Coach: Dennis Erickson (15-17, .469)

Assistants: Gregg Smith (Asst. Head Coach/TEs), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (Def. Asst.), Ned James (Off. Asst.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs)

Captains: QB Rick Mirer & RB Chris Warren (Off.), LB Winston Moss & LB Terry Wooden (Def.), P Rick Tuten (Sp. Teams)

Largent Award: DT Cortez Kennedy

MVP: DT Cortez Kennedy

Pro Bowl: DT Cortez Kennedy (6), DE Michael Sinclair (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	James Atkins	16
LG	Pete Kendall*	11
C	Kevin Mawae	16
RG	Derrick Graham	16
RT	Howard Ballard	16
TE	Carlester Crumpler	7
	Christian Fauria	9
WR	Brian Blades	9
	Ricky Proehl	7
QB	Rick Mirer	9
	John Friesz	6
	Stan Gelbaugh	1
RB	Chris Warren	14
FB	Mack Strong	8

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	16
RT	Cortez Kennedy	16
RE	Michael McCrary	13
SLB	Terry Wooden	9
	Michael Barber	7
MLB	Dean Wells	15
WLB	Winston Moss	16
LCB	Carlton Gray	16
RCB	Corey Harris	16
SS	Robert Blackmon	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	16

* Rookie or first-year player

1996 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	13	3	0	.813	391	275
Kansas City	9	7	0	.563	297	300
San Diego	8	8	0	.500	310	376
Oakland	7	9	0	.438	340	293
Seattle	7	9	0	.438	317	376

*Wild Card team

1997 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
08/31	L	41-3	N.Y. Jets	53,893
09/07	L	35-14	Denver	55,859
09/14	W	31-3	at Indianapolis	49,194
09/21	W	26-22	San Diego	51,110
09/28	L	20-17	at Kansas City (OT)	77,877
10/05	W	16-13	Tennessee	49,897
10/12			BYE	
10/19	W	17-9	at St. Louis	64,819
10/26	W	45-34	Oakland	66,264
11/02	L	30-27	at Denver	74,212
11/09	W	37-31	at San Diego	64,616
11/16	L	20-17	at New Orleans (OT)	50,493
11/23	L	19-14	Kansas City	66,264
11/30	L	24-17	Atlanta	52,584
12/07	L	31-24	at Baltimore	54,395
12/14	W	22-21	at Oakland	40,124
12/21	W	38-9	San Francisco	66,253

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	331	286
Rushing	98	96
Passing	207	166
Penalty	26	24
3rd Down: Made/Att.	91/224	66/198
3rd Down Pct.	40.6	33.3
4th Down: Made/Att.	8/16	8/16
4th Down Pct.	50.0	50.0
POSSESSION AVG.	30:47	29:13
TOTAL NET YARDS	5759	4849
Avg. Per Game	359.9	303.1
Total Plays	1049	959
Avg. Per Play	5.5	5.1
NET YARDS RUSHING	1800	1731
Avg. Per Game	112.5	108.2
Total Rushes	404	455
NET YARDS PASSING	3959	3118
Avg. Per Game	247.4	194.9
Sacked/Yards Lost	36/228	42/238
Gross Yards	4187	3356
Att./Completions	609/359	462/276
Completion Pct.	58.9	59.7
Had Intercepted	21	13
PUNTS/AVERAGE	78/40.3	74/42.0
Net Punting Avg.	32.3	36.8
PENALTIES/YARDS	109/911	100/820
FUMBLES/LOST	26/11	33/16
TOUCHDOWNS	43	38
Rushing	13	10
Passing	26	19
Defensive	4	4
Returns	0	5
FIELD GOALS	22/28	31/34
TOTAL POINTS	365	362

By Quarters	1	2	3	4	OT	Tot
SEA	44	126	92	103	0	365
OPP	101	111	93	51	6	362

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	37/37	22/28	0	103
Galloway	12	0	12	0	0	0	0	72
Broussard	6	5	1	0	0	0	0	36
McKnight	6	0	6	0	0	0	0	36
Warren	4	4	0	0	0	0	0	24
SEA	43	13	26	4	37/37	22/28	1	365
OPP	38	10	19	9	35/35	31/34	1	358

2-Point PATs: Smith 1-1, Kitna 0-1, Moon 0-3, Tuten 0-1. SEA 1-6. OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Warren	200	847	4.2	36t	4
Broussard	70	418	6.0	77t	5
Smith	91	392	4.3	35	2
SEA	404	1800	4.5	77t	13
OPP	455	1731	3.8	55t	10

Receiving	No	Yds	Avg	LG	TD
Galloway	72	1049	14.6	53t	12
Pritchard	64	843	13.2	61	2
Warren	45	257	5.7	20	0
McKnight	34	637	18.7	60t	6
Crumpler	31	361	11.6	30	1
Br. Blades	30	319	10.6	27	2
Broussard	24	143	6.0	20t	1
Smith	23	183	8.0	22	0
SEA	359	4187	11.7	61	26
OPP	276	3356	12.2	92	19

Interceptions	No	Yds	Avg	LG	TD
D. Williams	8	172	21.5	44t	1
Be. Blades	2	11	5.5	11	0
SEA	13	196	15.1	44t	1
OPP	21	372	17.7	75t	4

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Tuten	48	2007	41.8	36.4	5	15	65	0
SEA	78	3144	40.3	32.3	8	24	65	2
OPP	74	3111	42.0	36.8	7	21	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Harris	21	12	144	6.9	19	0
Davis	16	6	104	6.5	28	0
SEA	37	18	248	6.7	28	0
OPP	38	14	463	12.2	89t	2

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	50	1076	21.5	43	0
SEA	76	1550	20.4	43	0
OPP	77	1779	23.1	93t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	9/9	7/10	5/7	1/2
SEA	0/0	9/9	7/10	5/7	1/2
OPP	2/2	12/13	5/5	8/10	4/4

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	528	313	3678	59.3	6.97	25	4.7	16	3.0	60t	30/192	83.7
SEA	609	359	4187	58.9	6.88	26	4.3	21	3.4	61	36/228	79.7
OPP	462	276	3356	59.7	7.26	19	4.1	13	2.8	92	42/238	84.1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	104	75	29	6.5	3	1	4
D. Williams	93	68	25	0.0	13	1	1
Wells	92	74	18	1.0	2	1	1
Be. Blades	70	58	12	1.0	2	0	0

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (23-25, .479)

Assistants: Gregg Smith (Asst. Head Coach/OL), Bob Bratkowski (Off. Coord./WRs), Greg McMackin (Def. Coord.), Dave Arnold (Sp. Teams), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Ned James (Off. Asst.), Darren Krein (Asst. Str. & Cond.), Dana LeDuc (Strength & Cond.), Howard Mudd (OL), Rich Olson (QBs), Mike Murphy (LBs), Willy Robinson (DBs), Clarence Shelmon (RBs), Jim Zorn (Off. Asst.)

Captains: QB John Friesz (Off.), LB Winston Moss (Def.), S Jay Bellamy (Sp. Teams)

Largent Award: LB Winston Moss

MVP: FS Darryl Williams

Pro Bowl: DE Michael Sinclair (2), FS Darryl Williams (1)

OFFENSE

Pos.		Starts
WR	Joey Galloway	15
LT	Walter Jones*	12
LG	Pete Kendall	16
C	Kevin Mawae	16
RG	Derrick Graham	9
RT	Howard Ballard	10
R/LT	Grant Williams	8
TE	Carlester Crumpler	12
WR	Mike Pritchard	15
QB	Warren Moon	14
	John Friesz	1
	Jon Kitna*	1
RB	Chris Warren	13
FB	Mack Strong	9

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	15
RT	Dan Saleaumua	9
	Cortez Kennedy	8
RE	Phillip Daniels	11
LLB	Winston Moss	14
MLB	Dean Wells	16
RLB	Chad Brown	15
LCB	Shawn Springs*	10
RCB	Willie Williams	16
SS	Bennie Blades	9
	Jay Bellamy	7
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Rick Tuten	10
	Rohn Stark	4

* Rookie or first-year player

1997 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Kansas City	13	3	0	.813	375	232
Denver*	12	4	0	.750	472	287
Seattle	8	8	0	.500	365	362
Oakland	4	12	0	.250	324	419
San Diego	4	12	0	.250	266	425

* Wild Card team

1998 REVIEW (8-8)

Date	W/L	Score	Opponents	Att
09/06	W	38-0	at Philadelphia	66,418
09/13	W	33-14	Arizona	57,678
09/20	W	24-14	Washington	63,336
09/27	L	13-10	at Pittsburgh	58,413
10/04	L	17-6	at Kansas City	66,418
10/11	L	21-16	Denver	66,258
10/18			BYE	
10/25	W	27-20	at San Diego	58,512
11/01	L	31-18	Oakland	66,246
11/08	W	24-12	Kansas City	66,251
11/15	L	20-17	at Oakland	51,527
11/22	L	30-22	at Dallas	64,142
11/29	W	20-18	Tennessee	59,048
12/06	L	32-31	at N.Y. Jets	72,200
12/13	W	38-17	San Diego	62,690
12/20	W	27-23	Indianapolis	58,703
12/27	L	28-21	at Denver	74,057

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	267	337
Rushing	92	111
Passing	144	197
Penalty	31	29
3rd Down: Made/Att.	54/195	92/236
3rd Down Pct.	27.7	39.0
4th Down: Made/Att.	6/17	8/20
4th Down Pct.	35.3	40.0
POSSESSION AVG.	27:05	32:55
TOTAL NET YARDS	4626	5689
Avg. Per Game	289.1	355.6
Total Plays	940	1137
Avg. Per Play	4.9	5.0
NET YARDS RUSHING	1626	1999
Avg. Per Game	101.6	124.9
Total Rushes	426	487
NET YARDS PASSING	3000	3690
Avg. Per Game	187.5	230.6
Sacked/Yards Lost	34/219	53/282
Gross Yards	3219	3972
Att./Completions	480/273	597/343
Completion Pct.	56.9	57.5
Had Intercepted	18	24
PUNTS/AVERAGE	81/44.1	78/43.6
Net Punting Avg.	36.5	36.0
PENALTIES/YARDS	117/914	130/1157
FUMBLES/LOST	30/16	34/18
TOUCHDOWNS	45	35
Rushing	11	13
Passing	21	18
Defensive	10	3
Returns	3	1
FIELD GOALS	19/24	23/30
TOTAL POINTS	372	310

By Quarters	1	2	3	4	OT	Tot
SEA	107	91	75	99	0	372
Opp	71	73	61	105	0	310

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	41/41	19/24	0	98
Galloway	12	0	10	2	0	0	0	72
Watters	9	9	0	0	0	0	0	56
Pritchard	3	0	3	0	0	0	0	20
Springs	3	0	0	3	0	0	0	18
SEA	45	11	21	13	41/41	19/24	0	372
OPP	35	13	18	4	31/31	23/30	0	310

2-Point PATs: SEA 2-4. OPP 0-4.

Rushing	Att	Yds	Avg	LG	TD
Watters	319	1239	3.9	39t	9
A. Green	35	209	6.0	64	1
Kitna	20	67	3.4	21	1
SEA	426	1626	3.8	64	11
OPP	487	1999	4.1	70	13

Receiving	No	Yds	Avg	LG	TD
Galloway	65	1047	16.1	81t	10
Pritchard	58	742	12.8	50t	3
Watters	52	373	7.2	24	0
Fauria	37	377	10.2	25	2
McKnight	21	346	16.5	59t	2
Blades	15	184	12.3	47	0
SEA	273	3219	11.8	81t	21
OPP	343	3972	11.6	80t	18

Interceptions	No	Yds	Avg	LG	TD
Springs	7	142	20.3	56t	2
D. Smith	3	56	18.7	26t	2
D. Williams	3	41	13.7	28	0
Bellamy	3	40	13.3	24	0
W. Williams	2	36	18.0	28t	1
SEA	24	455	19.0	56t	8
OPP	18	220	12.2	74t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	81	3570	44.1	36.5	12	27	59	0
SEA	81	3570	44.1	36.5	12	27	50	0
OPP	78	3397	43.6	36.0	8	23	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Galloway	25	5	251	10.0	74t	2
Joseph	15	5	182	12.1	66	0
SEA	41	10	428	10.4	74t	2
OPP	33	15	371	11.2	63t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Broussard	29	781	26.9	90t	1
A. Green	27	620	23.0	57	0
SEA	64	1510	23.6	90t	1
OPP	68	1311	19.3	35	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	0/0	7/7	4/5	5/5	3/7
SEA	0/0	7/7	4/5	5/5	3/7
OPP	0/0	10/10	6/7	6/11	1/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Moon	258	145	1632	56.2	6.33	11	4.3	8	3.1	45	22/140	76.6
Kitna	172	98	1177	57.0	6.84	7	4.1	8	4.7	70t	11/72	72.3
Friesz	49	29	409	59.2	8.35	2	4.1	2	4.1	81t	1/7	82.8
SEA	480	273	3219	56.9	6.71	21	4.4	18	3.8	81t	34/219	76.4
OPP	597	343	3972	57.5	6.65	18	3.0	24	4.0	80t	53/282	71.0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	150	119	31	7.5	8	1	1
Bellamy	98	81	17	1.0	10	2	2
D. Williams	97	71	26	0.0	11	3	3
Springs	85	61	14	0.0	23	1	1
D. Smith	80	59	21	5.0	5	2	2

Record (finish): 8-8 (3rd, AFC West)

Head Coach: Dennis Erickson (31-33, .484)

Assistants: Pete Rodriguez (Asst. Head Coach/Special Teams), Bob Bratkowski (Off. Coord.), Greg McMackin (Def. Coord.), Tommy Brasher (DL), Dave Brown (Def. Coach), Keith Gilbertson (TEs), Milt Jackson (WRs), Jim Johnson (LBs), Darren Krein (Asst. Strength & Cond.), Tim Lappano (RBs), Dana LeDuc (Strength & Cond.), Bill Meyers (Asst. Off. Line), Rich Olson (QBs), Willy Robinson (DBs), Gregg Smith (Off. Line), Eric Yarber (Off. Quality Control)

Captains: QB Warren Moon, C Kevin Glover, DE Michael Sinclair, S Darryl Williams, ST Jay Bellamy

Largent Award: DE Michael Sinclair

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (2), DE Michael Sinclair (3), CB Shawn Springs (1), DT Cortez Kennedy (7)

OFFENSE

Pos.		Starts
WR	Joey Galloway	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	8
	Chris Gray	8
RG	Brian Habib	16
RT	Howard Ballard	16
TE	Christian Fauria	15
WR	Mike Pritchard	16
	Brian Blades	6
QB	Warren Moon	10
	Jon Kitna	5
	John Friesz	1
RB	Ricky Watters	16
FB	Mack Strong	6

DEFENSE

LE	Michael Sinclair	16
LT	Sam Adams	11
RT	Cortez Kennedy	15
RE	Phillip Daniels	15
OLB	Chad Brown	16
MLB	Dean Wells	7
	DeShone Myles*	7
OLB	Darrin Smith	10
	Anthony Simmons*	4
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Jay Bellamy	16
FS	Darryl Williams	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

1998 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Denver	14	2	0	.875	501	309
Oakland	8	8	0	.500	325	378
Seattle	8	8	0	.500	372	310
Kansas City	7	9	0	.438	327	363
San Diego	5	11	0	.313	241	342

1999 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	L	28-20	Detroit	66,238
09/19	W	14-13	at Chicago	66,944
09/26	W	29-10	at Pittsburgh	57,881
10/03	W	22-21	Oakland	66,400
10/10			BYE	
10/17	L	13-10	at San Diego	59,432
10/24	W	26-16	Buffalo	66,301
11/01	W	27-7	at Green Bay	59,869
11/07	W	37-20	Cincinnati	66,303
11/14	W	20-17	Denver	66,314
11/21	W	31-19	at Kansas City	78,714
11/28	L	16-3	Tampa Bay	66,314
12/05	L	30-21	at Oakland	44,716
12/12	L	19-16	San Diego	66,318
12/19	L	36-30	at Denver (OT)	65,987
12/26	W	23-14	Kansas City	66,332
01/02	L	19-9	at New York Jets	78,154

POSTSEASON

01/09	L	20-17	Miami (AFC Wild Card Game)	66,170

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	276	313
Rushing	65	107
Passing	179	183
Penalty	32	23
3rd Down: Made/Att.	68/210	89/239
3rd Down Pct.	32.4	37.2
4th Down: Made/Att.	2/8	8/18
4th Down Pct.	25.0	44.4
POSSESSION AVG.	27:48	32:12
TOTAL NET YARDS	4805	5426
Avg. Per Game	300.3	339.1
Total Plays	971	1104
Avg. Per Play	4.9	4.9
NET YARDS RUSHING	1408	1934
Avg. Per Game	88.0	120.9
Total Rushes	408	484
NET YARDS PASSING	3397	3492
Avg. Per Game	212.3	218.3
Sacked/Yards Lost	38/232	38/252
Gross Yards	3629	3744
Att./Completions	525/288	582/320
Completion Pct.	54.9	55.0
Had Intercepted	16	30
PUNTS/AVERAGE	84/40.8	81/42.0
Net Punting Avg.	35.2	34.3
PENALTIES/YARDS	98/883	128/985
FUMBLES/LOST	31/17	17/6
TOUCHDOWNS	34	30
Rushing	5	9
Passing	25	19
Defensive	3	1
Returns	1	1
FIELD GOALS	34/40	30/38
TOTAL POINTS	338	298

By Quarters	1	2	3	4	OT	Tot
SEA	86	104	70	78	0	338
OPP	53	109	59	71	6	298

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Peterson	0	0	0	0	32/32	34/40	0	134
Mayes	10	0	10	0	0	0	0	60
Watters	7	5	2	0	0	0	0	42
Dawkins	7	0	7	0	0	0	0	42
Pritchard	2	0	2	0	0	0	0	12
SEA	34	5	25	4	32/32	34/40	0	338
OPP	30	9	19	2	26/27	30/38	1	298

2-Point PATs: SEA 0-2. OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Watters	325	1210	3.7	45	5
Green	26	120	4.6	21	0
Kitna	35	56	1.6	10	0
R. Brown	14	38	2.7	0	0
SEA	408	1408	3.5	45	5
OPP	484	1934	4.0	71	9

Receiving	No	Yds	Avg	LG	TD
Mayes	65	829	13.4	54t	10
Dawkins	58	992	17.1	45t	7
Watters	40	387	9.7	25	2
Fauria	35	376	10.7	25	0
R. Brown	34	228	6.7	26	1
Pritchard	26	375	14.4	51	2
Galloway	22	335	15.2	48	1
Mili	5	28	5.6	8	1
Bownes	4	68	17.0	49t	1
SEA	288	3629	12.6	51	25
OPP	320	3744	11.7	76t	19

Interceptions	No	Yds	Avg	LG	TD
Springs	5	77	15.4	42	0
W. Williams	5	43	8.6	40t	1
D. Williams	4	41	10.3	21	0
Bellamy	4	4	1.0	7	0
Joseph	3	82	27.3	40	0
Hanks	2	30	15.0	23t	1
SEA	30	336	11.2	42	2
OPP	16	210	13.1	43	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	84	3425	40.8	35.2	5	34	59	0
SEA	84	3425	40.8	35.2	5	34	59	0
OPP	81	3398	42.0	34.3	10	23	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	22	18	318	14.5	94t	1
SEA	30	24	419	14.0	94t	1
OPP	36	18	370	10.3	81t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Green	36	818	22.7	54	0
Rogers	18	465	25.8	49	0
SEA	68	1547	22.8	61	0
OPP	81	1500	18.5	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Peterson	1/1	10/10	8/11	14/16	1/2
SEA	1/1	10/10	8/11	14/16	1/2
OPP	1/1	9/9	8/8	9/12	3/8

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	495	270	3346	54.5	6.76	23	4.6	16	3.2	51	32/198	77.7
Foley	30	18	283	60.0	9.43	2	6.7	0	0.0	49t	6/34	113.6
SEA	525	288	3629	54.9	6.91	25	4.8	16	3.0	51	38/232	79.8
OPP	582	320	3744	55.0	6.43	19	3.3	30	5.2	76t	38/252	64.1

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
C. Brown	117	87	30	5.5	6	2	1
Bellamy	96	85	11	0.0	8	0	0
D. Smith	90	65	25	1.0	3	0	0
Simmons	90	55	35	0.0	2	0	0
D. Williams	78	63	15	0.0	11	0	1
Springs	74	64	10	0.0	15	0	1
Kennedy	73	61	12	6.5	15	0	1
W. Williams	72	66	6	0.0	16	0	0
Daniels	45	38	7	9.0	2	1	0

Record (finish): 9-7 (1st, AFC West)

Head Coach: Mike Holmgren (9-7, .563)

Assistants: Mike Sherman (Offensive Coordinator/ Tight Ends), Larry Brooks (Defensive Line), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (Wide Receivers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Cond.), Jim Lind (Linebackers), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/Offensive Line), Stump Mitchell (Running Backs), Dick Roach (Def. Assistant), Pete Rodriguez (Special Teams), Mike Sheppard (Quarterbacks), Rod Springer (Asst. Strength & Cond.), Bob Zeman (Def. Assistant)

Captains: Game-to-Game

Largent Award: LB Chad Brown

MVP: LB Chad Brown

Pro Bowl: LB Chad Brown (3), T Walter Jones (1), DT Cortez Kennedy (8)

OFFENSE

Pos.		Starts
WR	Sean Dawkins	13
LT	Walter Jones	16
LG	Pete Kendall	16
C	Kevin Glover	6
	Chris Gray	10
RG	Brian Habib	16
RT	Grant Williams	15
TE	Christian Fauria	15
WR	Derrick Mayes	15
QB	Jon Kitna	15
RB	Ricky Watters	16
FB	Reggie Brown	8

DEFENSE

LE	Michael Sinclair	15
LT	Sam Adams	13
RT	Cortez Kennedy	16
RE	Phillip Daniels	16
OLB	Chad Brown	15
MLB	Anthony Simmons	16
OLB	Darrin Smith	14
LCB	Shawn Springs	16
RCB	Willie Williams	14
SS	Darryl Williams	12
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Todd Peterson	16
P	Jeff Feagles	16

* Rookie or first-year player

1999 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	338	298
Kansas City	9	7	0	.563	390	322
San Diego	8	8	0	.500	269	316
Oakland	8	8	0	.500	390	329
Denver	6	10	0	.375	314	318

2000 REVIEW (6-10)

Date	W/L	Score	Opponents	Att
09/03	L	23-0	at Miami	72,949
09/10	L	37-34	St. Louis	64,869
09/17	W	20-10	New Orleans	59,513
09/24	W	20-12	at San Diego	47,233
10/02	L	24-17	at Kansas City	82,893
10/08	L	26-3	at Carolina	72,192
10/15	L	37-24	Indianapolis	63,593
10/22	L	31-3	at Oakland	57,490
10/29	L	24-19	Kansas City	62,141
11/05	W	17-15	San Diego	59,884
11/12	W	28-21	at Jacksonville	68,063
11/19			BYE	
11/26	L	38-31	Denver	68,661
12/03	W	30-10	at Atlanta	44,680
12/10	L	31-24	at Denver	75,218
12/16	W	27-24	Oakland	68,681
12/23	L	42-23	Buffalo	61,025

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	281	331
Rushing	98	126
Passing	168	185
Penalty	15	20
3rd Down: Made/Att.	83/205	89/201
3rd Down Pct.	40.5	44.3
4th Down: Made/Att.	7/14	1/7
4th Down Pct.	50.0	14.3
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	4680	6391
Avg. Per Game	292.5	399.4
Total Plays	956	1019
Avg. Per Play	4.9	6.3
NET YARDS RUSHING	1720	2454
Avg. Per Game	107.5	153.4
Total Rushes	403	503
NET YARDS PASSING	2960	3937
Avg. Per Game	185.0	246.1
Sacked/Yards Lost	46/238	27/152
Gross Yards	3198	4089
Att./Completions	507/308	489/309
Completion Pct.	60.7	63.2
Had Intercepted	21	17
PUNTS/AVERAGE	75/39.5	62/41.5
Net Punting Avg.	36.9	33.3
PENALTIES/YARDS	89/728	96/694
FUMBLES/LOST	35/17	28/12
TOUCHDOWNS	37	46
Rushing	10	20
Passing	21	23
Defensive	5	3
Returns	1	0
FIELD GOALS	21/26	28/33
TOTAL POINTS	320	405

By Quarters	1	2	3	4	OT	Tot
SEA	70	100	59	91	0	320
OPP	96	140	71	98	0	405

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Lindell	0	0	0	0	25/25	15/17	0	70
Watters	9	7	2	0	0	0	0	54
Jackson	6	0	6	0	0	0	0	36
Dawkins	5	0	5	0	0	0	0	30
Heppner,TM	0	0	0	0	8/8	6/9	0	26
SEA	37	10	21	6	33/33	21/26	1	320
OPP	46	20	23	3	45/45	28/33	0	405

2-Point PATs: SEA 0-4. OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Watters	278	1242	4.5	55	7
Alexander	64	313	4.9	50	2
Kitna	48	127	2.6	13	1
Huard	5	29	5.8	10	0
SEA	403	1720	4.3	55	10
OPP	503	2454	4.9	80t	20

Receiving	No	Yds	Avg	LG	TD
Dawkins	63	731	11.6	40	5
Watters	63	613	9.7	59	2
Jackson	53	713	13.5	71	6
Mayes	29	264	9.1	40	1
Mili	28	288	10.3	34	3
Fauria	28	237	8.5	16	2
Strong	23	141	6.1	24	1
J. Williams	8	99	12.4	18	0
Bailey	6	62	10.3	22	1
Alexander	5	41	8.2	18	0
SEA	308	3198	10.4	71	21
OPP	309	4089	13.2	73	23

Interceptions	No	Yds	Avg	LG	TD
Bellamy	4	132	33.0	84t	1
W. Williams	4	74	18.5	69t	1
Simmons	2	15	7.5	8	0
Springs	2	8	4.0	8	0
Koonce	1	27	27.0	27t	1
SEA	17	300	17.6	84t	3

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	74	2960	40.0	36.9	2	24	57	1
SEA	75	2960	39.5	36.9	2	24	57	1
OPP	62	2571	41.5	33.3	6	21	69	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	26	12	363	14.0	43	0
SEA	30	14	384	12.8	43	0
OPP	32	18	151	4.7	22	0
OPP	21	191	9.1	79t	2	

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	66	1629	24.7	81t	1
SEA	80	1932	24.2	81t	1
OPP	64	1236	19.3	39	0

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	4/5	1/1	7/8	3/3
Heppner, TM	1/1	2/2	1/3	2/2	0/1
SEA	1/1	6/7	2/4	9/10	3/4
OPP	1/1	11/12	7/9	9/9	0/2

DEFENSIVE STATISTICS

Player	T	S	A	Sac	PD	FF	FR
Simmons	147	119	28	4.0	2	2	0
Koonce	97	73	24	1.5	5	0	1
C. Brown	94	71	23	6.0	3	2	3
Bellamy	87	69	18	2.0	8	2	0
Springs	85	72	13	0.0	14	1	0
W. Williams	60	51	9	1.0	11	1	1
Joseph	58	45	13	0.0	4	0	0
Kennedy	50	32	18	1.0	9	0	0
King	48	42	6	6.0	3	0	0

Record (finish): 6-10 (4th, AFC West)

Head Coach: Mike Holmgren (15-17, .469)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control), Tom Lovat (Asst. Head Coach/OL), Stump Mitchell (RBs), Dick Roach (DBs), Pete Rodriguez (Special Teams), Mike Sheppard (QBs), Rod Springer (Asst. Strength & Cond.)

Captains: Game-to-Game

Largent Award: RB Ricky Watters

Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Sean Dawkins	16
LT	Walter Jones	16
LG	Pete Kendall	16
C	Chris Gray	16
RG	Floyd Wedderburn	16
RT	Chris McIntosh	10
TE	Christian Fauria	10
WR	Darrell Jackson*	10
	Derrick Mayes	8
QB	Jon Kitna	12
	Brock Huard	4
RB	Ricky Watters	16
FB	Mack Strong	12

DEFENSE

LE	Michael Sinclair	16
LT	Riddick Parker	16
RT	Cortez Kennedy	16
RE	Lamar King	16
OLB	Chad Brown	16
MLB	George Koonce	16
OLB	Anthony Simmons	16
LCB	Shawn Springs	16
RCB	Willie Williams	15
SS	Kerry Joseph	10
	Reggie Tongue	6
FS	Jay Bellamy	16

SPECIAL TEAMS

K	Rian Lindell*	12
P	Jeff Feagles	16

* Rookie or first-year player

2000 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Oakland	12	4	0	.750	479	299
Denver*	11	5	0	.688	485	369
Kansas City	7	9	0	.438	355	354
Seattle	6	10	0	.375	320	405
San Diego	1	15	0	.062	269	440

* Wild Card team

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Kitna	418	259	2658	62.0	6.36	18	4.3	19	4.5	71	33/168	75.6
Huard	87	49	540	56.3	6.21	3	3.4	2	2.3	45	13/72	76.8
SEA	507	308	3198	60.7	6.31	21	4.1	21	4.1	71	46/238	75.5
OPP	489	309	4089	63.2	8.36	23	4.7	17	3.5	73	27/152	90.8

2001 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
09/09	W	9-6	at Cleveland	72,318
09/23	L	27-3	Philadelphia	62,826
09/30	L	38-14	at Oakland	54,629
10/07	W	24-15	Jacksonville	54,524
10/14	W	34-21	Denver	61,837
10/21			BYE	
10/28	L	24-20	Miami	59,108
11/04	L	27-14	at Washington	82,352
11/11	W	34-27	Oakland	67,231
11/18	W	23-20	at Buffalo	60,836
11/25	L	19-7	at Kansas City	77,357
12/02	W	13-10	San Diego (OT)	55,466
12/09	L	20-7	at Denver	74,524
12/16	W	29-3	Dallas	63,366
12/23	L	27-24	at N.Y. Giants	78,119
12/30	W	25-22	at San Diego	51,412
01/06	W	21-18	Kansas City	58,460

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	274	300
Rushing	107	91
Passing	141	186
Penalty	26	23
3rd Down: Made/Att.	77/213	92/223
3rd Down Pct.	36.2	41.3
4th Down: Made/Att.	8/17	6/11
4th Down Pct.	47.1	54.5
POSSESSION AVG.	29:51	30:09
TOTAL NET YARDS	4772	5206
Avg. Per Game	298.3	325.4
Total Plays	980	1028
Avg. Per Play	4.9	5.1
NET YARDS RUSHING	1936	1721
Avg. Per Game	121.0	107.6
Total Rushes	469	427
NET YARDS PASSING	2836	3485
Avg. Per Game	177.3	217.8
Sacked/Yards Lost	49/328	38/248
Gross Yards	3164	3733
Att./Completions	462/258	563/339
Completion Pct.	55.8	60.2
Had Intercepted	12	14
PUNTS/AVERAGE	86/43.4	76/42.3
Net Punting Avg.	36.4	36.1
PENALTIES/YARDS	66/579	101/805
FUMBLES/LOST	24/9	28/13
TOUCHDOWNS	34	34
Rushing	15	9
Passing	15	20
Defensive	4	3
Returns	0	2
FIELD GOALS	20/32	29/36
TOTAL POINTS	301	324

By Quarters	1	2	3	4	OT	Tot
SEA	64	107	75	52	3	301
OPP	53	123	74	74	0	324

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	16	14	2	0	0	0	0	96
Lindell	0	0	0	0	33/33	20/32	0	93
Jackson	8	0	8	0	0	0	0	48
Mili	2	0	2	0	0	0	0	12
8 w/ one	8	1	3	4	0	0	0	48
SEA	34	15	15	4	33/33	20/32	1	301
OPP	34	9	20	5	31/31	29/36	0	324

2-Point PATs: Fauria 1-1. SEA 1-1. OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	309	1318	4.3	88t	14
Watters	72	318	4.4	40	1
Hasselbeck	40	141	3.5	17	0
Strong	17	55	3.2	12	0
Graham	12	43	3.6	19	0
SEA	469	1936	4.1	88t	15
OPP	427	1721	4.0	57	9

Receiving	No	Yds	Avg	LG	TD
Jackson	70	1081	15.4	64	8
Alexander	44	343	7.8	28t	2
Robinson	39	536	13.7	42	1
Engram	29	400	13.8	31	0
Fauria	21	188	9.0	30	1
Strong	17	141	8.3	35	0
J. Williams	12	212	17.7	49	1
SEA	258	3164	12.3	64	15
OPP	339	3733	11.0	65	20

Interceptions	No	Yds	Avg	LG	TD
W. Williams	4	24	6.0	24	0
Tongue	3	67	22.3	55t	1
Charlton	2	43	21.5	38t	1
Robertson	2	30	15.0	25	0
Kacyvenski	1	22	22.0	22	0
Lucas	1	0	0.0	0	0
Springs	1	0	0.0	0	0
SEA	14	186	13.3	55t	2
OPP	12	36	3.0	10	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	85	3730	43.9	36.4	7	26	68	1
SEA	86	3730	43.4	36.4	7	26	68	1
OPP	76	3212	42.3	36.1	6	25	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Rogers	25	10	244	9.8	34	0
SEA	33	14	352	10.7	34	0
OPP	43	11	462	10.7	86t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Rogers	50	1120	22.4	64	0
SEA	72	1496	20.8	64	0
OPP	64	1273	19.9	90t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	0/0	7/8	4/5	6/14	3/5
SEA	0/0	7/8	4/5	6/14	3/5
OPP	0/0	12/12	7/8	9/12	1/4

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Simmons	123	103	20	2.0	0	7	1	0
C. Brown	106	80	26	8.5	0	7	2	1
Kirkland	101	80	21	1.0	0	4	1	0
Tongue	72	53	19	1.0	3	7	1	1
W. Williams	68	57	11	0.0	4	16	1	1
Robertson	63	48	15	0.0	2	3	0	0
Eaton	55	42	13	1.0	0	2	1	0

Record (finish): 9-7 (2nd, AFC West)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	321	176	2023	54.8	6.30	7	2.2	8	2.5	64	38/251	70.9
Dilfer	122	73	1014	59.8	8.31	7	5.7	4	3.3	54	10/72	92.0
Huard	17	9	127	52.9	7.47	1	5.9	0	0.0	44	1/5	96.9
Feagles	2	0	0	0.0	0.00	0	0.0	0	0.0	0	0/0	39.6
SEA	462	258	3164	55.8	6.85	15	3.2	12	2.6	64	49/328	77.2
OPP	563	339	3733	60.2	6.63	20	3.6	14	2.5	65	38/248	81.4

Head Coach: Mike Holmgren (24-24, .500)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (Asst. Special Teams/Stength & Cond.), Kent Johnston (Strength & Cond.), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, FS Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (2), DT John Randle

OFFENSE

Pos.		Starts
WR	Koren Robinson*	13
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Todd Weiner	13
TE	Christian Fauria	11
	Itula Mili	5
WR	Darrell Jackson	16
	Bobby Engram	4
QB	Matt Hasselbeck	12
	Trent Dilfer	4
RB	Shaun Alexander	12
	Ricky Watters	4
FB	Mack Strong	13

DEFENSE

LE	Michael Sinclair	16
LT	Chad Eaton	16
RT	John Randle	14
RE	Lamar King	8
	John Hilliard	8
OLB	Chad Brown	16
MLB	Levon Kirkland	16
OLB	Anthony Simmons	16
LCB	Ken Lucas	8
	Shawn Springs	7
RCB	Willie Williams	14
SS	Reggie Tongue	16
FS	Marcus Robertson	12

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

2001 AFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Oakland	10	6	0	.625	399	327
Seattle	9	7	0	.562	301	324
Denver	8	8	0	.500	340	339
Kansas City	6	10	0	.375	320	344
San Diego	5	11	0	.313	332	321

2002 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
09/08	L	31-17	at Oakland	53,260
09/15	L	24-13	Arizona	63,104
09/22	L	9-6	at N.Y. Giants	78,551
09/29	W	48-23	Minnesota	65,212
10/6			BYE	
10/14	L	28-21	San Francisco	66,420
10/20	L	37-20	at St. Louis	65,931
10/27	W	17-14	at Dallas	63,854
11/03	L	14-3	Washington	64,325
11/10	W	27-6	at Arizona	29,252
11/17	L	31-9	Denver	65,495
11/24	W	39-32	Kansas City	56,250
12/01	L	31-24	at San Francisco	67,594
12/08	L	27-20	Philadelphia	59,862
12/15	W	30-24	at Atlanta (OT)	69,551
12/22	W	30-10	St. Louis	63,953
12/29	W	31-28	at San Diego (OT)	52,159

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	347	356
Rushing	104	140
Passing	208	191
Penalty	35	25
3rd Down: Made/Att.	93/216	100/215
3rd Down Pct.	43.1	46.5
4th Down: Made/Att.	6/21	6/13
4th Down Pct.	28.6	46.2
POSSESSION AVG.	28:55	31:05
TOTAL NET YARDS	5818	5852
Avg. Per Game	363.6	365.8
Total Plays	1050	1083
Avg. Per Play	5.5	5.4
NET YARDS RUSHING	1740	2441
Avg. Per Game	108.8	152.6
Total Rushes	430	500
NET YARDS PASSING	4078	3411
Avg. Per Game	254.9	213.2
Sacked/Yards Lost	33/179	28/185
Gross Yards	4257	3596
Att./Completions	587/361	555/321
Completion Pct.	61.5	57.8
Had Intercepted	16	19
PUNTS/AVERAGE	61/41.7	65/39.0
Net Punting Avg.	37.0	33.0
PENALTIES/YARDS	100/792	99/816
FUMBLES/LOST	23/12	22/11
TOUCHDOWNS	41	43
Rushing	17	18
Passing	19	21
Defensive	3	1
Returns	2	3
FIELD GOALS	23/29	22/26
TOTAL POINTS	355	369

By Quarters	1	2	3	4	OT	Tot
SEA	67	123	58	98	9	355
OPP	75	99	82	113	0	369

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	18	16	2	0	0	0	0	108
Lindell	0	0	0	0	38/38	23/29	0	107
Robinson	5	0	5	0	0	0	0	30
Jackson	4	0	4	0	0	0	0	24
Stevens	3	0	3	0	0	0	0	18
SEA	41	17	19	5	38/38	23/29	0	355
OPP	43	18	21	4	39/39	22/26	0	369

2-Point PATs: SEA 1-2. OPP 3-4.

Rushing	Att	Yds	Avg	LG	TD
Alexander	295	1175	4.0	58t	16
Hasselbeck	40	202	5.1	21	1
Morris	32	153	4.8	24	0
Strong	23	94	4.1	9	0
Evans	17	53	3.1	8	0
Robinson	8	56	7.0	20	0
SEA	430	1740	4.0	58t	17
OPP	500	2441	4.9	58t	18

Receiving	No	Yds	Avg	LG	TD
Robinson	78	1240	15.9	83	5
Jackson	62	877	14.1	48	4
Alexander	59	460	7.8	80t	2
Engram	50	619	12.4	38	0
Mili	43	508	11.8	49	2
Stevens	26	252	9.7	29	3
Strong	22	120	5.5	12	2
SEA	361	4257	11.8	83	19
OPP	321	3596	11.2	64t	21

Interceptions	No	Yds	Avg	LG	TD
Tongue	5	118	23.6	46t	1
Lucas	3	67	22.3	40	0
Springs	3	0	0.0	0	0
Simmons	2	19	9.5	15	0
6 players with	1				
SEA	19	245	12.9	46t	1
OPP	16	119	7.4	22t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Feagles	61	2542	41.7	37.0	4	22	58	0
SEA	61	2542	41.7	37.0	4	22	58	0
OPP	65	2538	39.0	33.0	7	20	59	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	21	23	224	10.7	61t	1
SEA	25	23	256	10.2	61t	1
OPP	17	19	202	11.9	89t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	34	821	24.1	97t	1
J. Williams	21	354	16.9	46	0
SEA	74	1533	20.7	97t	1
OPP	73	1591	21.8	95t	2

Field Goals	1-19	20-29	30-39	40-49	50+
Lindell	1/1	9/9	8/10	4/5	1/4
SEA	1/1	9/9	8/10	4/5	1/4
OPP	0/0	9/9	6/8	7/9	0/0

DEFENSIVE STATISTICS

Player	T	S	A	Sac	Int	PD	FF	FR
Tongue	93	68	25	0	5	10	0	1
Robertson	89	67	22	0	0	4	0	2
Lucas	82	71	11	0	3	12	1	0
Bell	74	63	11	1.0	0	5	2	2
Eaton	73	48	25	1.0	0	3	0	2
Kacyvenski	71	51	20	0	1	1	0	0
Springs	59	54	5	0	3	11	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	419	267	3075	63.7	7.34	15	3.6	10	2.4	49	26/143	87.8
Dilfer	168	94	1182	56.0	7.04	4	2.4	6	3.6	83	7/36	71.1
SEA	587	361	4257	61.5	7.25	19	3.2	16	2.7	83	33/179	83.0
OPP	555	321	3596	57.8	6.48	21	3.8	19	3.4	64t	28/185	75.6

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Mike Holmgren (31-33, .484)

Assistants: Gil Haskell (Off. Coord.), Steve Sidwell (Def. Coord.), Larry Brooks (DL), Jerry Colquitt (Off. Quality Control), Nolan Cromwell (WRs), Ken Flajole (LBs), Johnny Holland (LBs), Kent Johnston (Strength & Cond.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Quality Control/DBs), Tom Lovat (Asst. Head Coach/OL), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Pete Rodriguez (Special Teams), Rod Springer (Asst. Strength & Cond.), Jim Zorn (QBs)

Captains: LB Chad Brown, QB Matt Hasselbeck, LB Levon Kirkland, S Marcus Robertson, C Robbie Tobeck, RB Ricky Watters

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (3)

OFFENSE

Pos.		Starts
WR	Koren Robinson	16
LT	Walter Jones	14
LG	Chris Gray (4 @ RG)	12
	Steve Hutchinson	4
C	Robbie Tobeck	16
RG	Floyd Wedderburn	10
RT	Floyd Womack (2 @ LT)	8
	Chris Terry	5
TE	Itula Mili	12
WR	Darrell Jackson	13
QB	Matt Hasselbeck	10
	Trent Dilfer	6
RB	Shaun Alexander	16
FB	Mack Strong	12

DEFENSE

LE	Lamar King	12
LT	Chad Eaton	16
RT	John Randle	12
RE	Antonio Cochran	16
OLB	Chad Brown	8
	Tim Terry	8
MLB	Isaiah Kacyvenski	9
	Orlando Huff	7
OLB	Marcus Bell	9
	Anthony Simmons	7
LCB	Shawn Springs	15
RCB	Ken Lucas	16
SS	Reggie Tongue	16
FS	Marcus Robertson	15

SPECIAL TEAMS

K	Rian Lindell	16
P	Jeff Feagles	16

2002 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	10	6	0	.625	367	351
St. Louis	7	9	0	.438	316	369
Seattle	7	9	0	.438	355	369
Arizona	5	11	0	.313	262	417

2003 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/07	W	27-10	New Orleans	52,250
09/14	W	38- 0	at Arizona	23,127
09/21	W	24-23	St. Louis	65,841
9/28			BYE	
10/05	L	35-13	at Green Bay	70,365
10/12	W	20-19	San Francisco	66,437
10/19	W	24-17	Chicago	65,671
10/26	L	27-24	at Cincinnati	52,131
11/02	W	23-16	Pittsburgh	66,507
11/09	L	27-20	at Washington	80,728
11/16	W	35-14	Detroit	65,865
11/23	L	44-41	at Baltimore (OT)	69,477
11/30	W	34-7	Cleveland	64,680
12/07	L	34-7	at Minnesota	63,968
12/14	L	27-22	at St. Louis	66,152
12/21	W	28-10	Arizona	64,899
12/27	W	24-17	at San Francisco	67,840
POSTSEASON				
01/04	L	33-27	at Green Bay (OT) (NFC Wild Card Game)	71,457

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	338	304
Rushing	121	93
Passing	190	183
Penalty	27	28
3rd Down: Made/Att.	96/205	99/235
3rd Down Pct.	46.8	42.1
4th Down: Made/Att.	2/7	7/18
4th Down Pct.	28.6	38.9
POSSESSION AVG.	28:33	31:27
TOTAL NET YARDS	5627	5239
Avg. Per Game	351.7	327.4
Total Plays	1017	1069
Avg. Per Play	5.5	4.9
NET YARDS RUSHING	2009	1759
Avg. Per Game	125.6	109.9
Total Rushes	453	456
NET YARDS PASSING	3618	3480
Avg. Per Game	226.1	217.5
Sacked/Yards Lost	43/254	40/248
Gross Yards	3872	3728
Att./Completions	521/317	573/343
Completion Pct.	60.8	59.9
Had Intercepted	16	16
PUNTS/AVERAGE	69/40.0	76/39.8
NET PUNTING AVG.	37.1	34.1
PENALTIES/YARDS	91/777	105/825
FUMBLES/BALL LOST	23/13	25/12
TOUCHDOWNS	48	36
Rushing	17	9
Passing	27	24
Defensive	0	0
Returns	4	3
FIELD GOALS	22/30	25/31
TOTAL POINTS	404	327

By Quarters	1	2	3	4	OT	Tot
SEA	89	166	67	82	0	404
OPP	51	104	73	96	3	327

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
J. Brown	0	0	0	0	48/48	22/30	0	114
Alexander	16	14	2	0	0	0	0	96
Jackson	9	0	9	0	0	0	0	54
Engram	7	0	6	1	0	0	0	42
K. Robinson	5	0	4	1	0	0	0	30
Mili	4	0	4	0	0	0	0	24
SEA	48	17	27	4	48/48	22/30	1	404
OPP	36	9	24	3	34/35	25/31	0	327

2-Point PATs: SEA 0-0. OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Alexander	326	1435	4.4	55	14
Morris	38	239	6.3	43	0
Strong	37	174	4.7	21t	1
Hasselbeck	36	125	3.5	18	2
H. Evans	7	24	3.4	8	0
K. Robinson	4	15	3.8	16	0
SEA	453	2009	4.4	55	17
OPP	456	1759	3.9	50	9

Receiving	No	Yds	Avg	LG	TD
Jackson	68	1137	16.7	80t	9
K. Robinson	65	896	13.8	38t	4
Engram	52	637	12.3	34t	6
Mili	46	492	10.7	46t	4
Alexander	42	295	7.0	22	2
Strong	29	216	7.4	32	0
Stevens	6	72	12.0	26	0
SEA	317	3872	12.2	80t	27
OPP	343	3728	10.9	72t	24

Interceptions	No	Yds	Avg	LG	TD
Tongue	4	11	2.8	10	0
Simmons	3	38	12.7	33	0
Trufant	2	21	10.5	15	0
7 players with	1				
SEA	16	157	9.8	33	0
OPP	16	164	10.3	80t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	67	2762	41.2	37.1	3	29	61	2
SEA	69	2762	40.0	37.1	3	29	61	2
OPP	76	3028	39.8	34.1	6	19	64	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Engram	31	22	320	10.3	83t	1
SEA	34	22	320	9.4	83t	1
OPP	29	22	140	4.8	19	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	1007	21.4	56	0
Carter	8	185	23.1	33	0
Strong	3	60	20.0	27	0
SEA	64	1336	20.9	56	0
OPP	79	1626	20.6	52	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/ 0	5/ 5	10/11	6/11	1/3
SEA	0/ 0	5/ 5	10/11	6/11	1/3
OPP	0/ 0	5/ 6	12/15	7/ 8	1/2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	513	313	3841	61.0	7.49	26	5.1	15	2.9	80t	42/246	88.8
Dilfer	8	4	31	50.0	3.88	1	12.5	1	12.55	14	1/8	59.9
TEAM	521	317	3872	60.8	7.43	27	5.2	16	3.1	80t	43/254	88.2
OPP	573	343	3728	59.9	6.51	24	4.2	16	2.8	72t	40/248	81.4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Simmons	100	80	20	3.0	3	8	1	1
Hamlin	96	76	20	0.0	1	10	2	1
Brown	86	74	12	7.0	1	3	1	2
Trufant	78	69	9	0.0	2	20	0	1
Tongue	63	50	13	2.0	4	8	2	0
Lucas	62	52	10	0.0	1	12	1	1
Godfrey	59	45	14	0.0	1	4	1	1t

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Mike Holmgren (41-39, .513)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Kent Johnston (Strength & Cond.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (Asst. OL), Jim Lind (TEs), Clayton Lopez (Def. Asst./Secondary), Tom Lovat (Asst. Head Coach/OL), John Marshall (LBs), Mark Michaels (Asst. Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Pete Rodriguez (Special Teams Coord.), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DT John Randle

Largent Award: QB Trent Dilfer

Pro Bowl: RB Shaun Alexander (1), ST Alex Bannister (1), QB Matt Hasselbeck (1), G Steve Hutchinson (1), T Walter Jones (4)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Koren Robinson	15
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	10
	Floyd Womack	4
TE	Itula Mili	12
QB	Matt Hasselbeck	16
RB	Shaun Alexander	15
FB	Mack Strong	9

DEFENSE

LE	Antonio Cochran	7
	Brandon Mitchell	6
LT	Cedric Woodard	12
RT	John Randle	9
	Rashad Moore	6
RE	Chike Okeafor	16
OLB	Anthony Simmons	13
MLB	Randall Godfrey	14
OLB	Chad Brown	14
LCB	Shawn Springs	8
RCB	Marcus Trufant (5 @ LCB)	16
SS	Reggie Tongue	14
FS	Ken Hamlin	14

SPECIAL TEAMS

K	*Josh Brown	16
P	Tom Rouen	16

* Rookie or first-year player

2003 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
St. Louis	12	4	0	.750	447	328
Seattle*	10	6	0	.625	404	327
San Francisco	7	9	0	.438	384	337
Arizona	4	12	0	.250	225	452

2004 REVIEW (9-7; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/12	W	21-7	at New Orleans	64,900
09/19	W	10-6	at Tampa Bay	65,089
09/26	W	34-0	San Francisco	66,709
10/03			BYE	
10/10	L	33-27	St. Louis (OT)	66,940
10/17	L	30-20	at New England	68,756
10/24	L	25-17	at Arizona	35,695
10/31	W	23-17	Carolina	66,214
11/07	W	42-27	at San Francisco	64,423
11/14	L	23-12	at St. Louis	66,044
11/21	W	24-17	Miami	66,644
11/28	L	38-9	Buffalo	66,271
12/06	L	43-39	Dallas	68,093
12/12	W	27-23	at Minnesota	64,110
12/19	L	37-14	at New York Jets	77,894
12/26	W	24-21	Arizona	65,825
01/02	W	28-26	Atlanta	66,740

POSTSEASON

01/08	L	27-20	St. Louis (NFC Wild Card Game)	65,397

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	320	311
Rushing	110	102
Passing	189	191
Penalty	21	18
3rd Down: Made/Att.	76/210	97/229
3rd Down Pct.	36.2	42.4
4th Down: Made/Att.	6/11	6/9
4th Down Pct.	54.5	66.7
POSSESSION AVG.	29:00	31:00
TOTAL NET YARDS	5634	5620
Avg. Per Game	352.1	351.3
Total Plays	1034	1047
Avg. Per Play	5.4	5.4
NET YARDS RUSHING	2095	2031
Avg. Per Game	130.9	126.9
Total Rushes	468	452
NET YARDS PASSING	3539	3589
Avg. Per Game	221.2	224.3
Sacked/Yards Lost	34/176	36/218
Gross Yards	3715	3807
Att./Completions	532/304	559/340
Completion Pct.	57.1	60.8
Had Intercepted	18	23
PUNTS/AVERAGE	79/38.4	74/41.8
NET PUNTING AVG.	34.3	37.3
PENALTIES/YARDS	79/669	91/747
FUMBLES/BALL LOST	19/9	25/12
TOUCHDOWNS	43	42
Rushing	17	17
Passing	23	24
Defensive	3	1
Returns	0	0
FIELD GOALS	23/25	27/32
TOTAL POINTS	371	373

By Quarters	1	2	3	4	OT	Tot
SEA	86	129	70	86	0	371
OPP	89	113	52	113	6	373

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	20	16	4	0	0	0	0	120
J. Brown	0	0	0	0	40/40	23/25	0	109
Jackson	7	0	7	0	0	0	0	44
Stevens	3	0	3	0	0	0	0	20
Rice	3	0	3	0	0	0	0	18
Engram	2	0	2	0	0	0	0	12
SEA	43	17	23	3	40/40	23/25	0	371
OPP	42	17	24	1	38/39	27/32	1	373

2-Point Conversions: SEA 2-3, OPP 0-2.

Rushing	Att	Yds	Avg	LG	TD
Alexander	353	1696	4.8	44	16
Strong	36	131	3.6	11	0
Morris	30	126	4.2	12	0
Hasselbeck	27	90	3.3	19	1
SEA	468	2095	4.5	44	17
OPP	452	2031	4.5	53	17

Receiving	No	Yds	Avg	LG	TD
Jackson	87	1199	13.8	56t	7
Engram	36	499	13.9	60	2
Robinson	31	495	16.0	33	2
Stevens	31	349	11.3	32	3
Rice TM	25	362	14.5	56	3
Mili	23	240	10.4	20	1
Alexander	23	170	7.4	24	4
SEA	304	3715	12.2	60	23
OPP	340	3807	11.2	63	24

Interceptions	No	Yds	Avg	LG	TD
Lucas	6	46	7.7	25	1
Trufant	5	141	28.2	58	0
Boulware	5	69	13.8	63t	1
Hamlin	4	48	12.0	24	0
SEA	23	337	14.7	63t	3
OPP	18	158	8.8	48t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Jones	26	988	38.0	32.2	2	6	51	1
SEA	79	3036	38.4	34.3	4	20	60	2
OPP	74	3091	41.8	37.3	5	31	60	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Morris	15	4	75	5.0	22	0
Engram	10	19	118	11.8	48	0
SEA	30	26	230	7.7	48	0
OPP	33	21	244	7.4	39	0

Kickoff Returns	No	Yds	Avg	LG	TD
Morris	47	994	21.1	34	0
Carter	21	448	21.3	36	0
SEA	74	1529	20.7	36	0
OPP	77	1677	21.8	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	1/1	7/7	8/9	6/7	1/1
SEA	1/1	7/7	8/9	6/7	1/1
OPP	0/0	6/6	12/15	6/7	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Trufant	93	83	10	1.0	5	20	0	0
Kacyvenski	81	62	19	1.0	0	0	1	0
Hamlin	79	63	16	2.0	4	9	1	1
Bierria	69	47	22	0.0	1	5	1	0
Lucas	67	60	7	0.0	6	21	0	1
Okeafor	53	41	12	8.5	0	0	5	0
Boulware	53	40	13	1.0	5	6	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	474	279	3382	58.9	7.14	22	4.6	15	3.2	60	30/155	83.1
Dilfer	58	25	333	43.1	5.74	1	1.7	3	5.2	56	4/21	46.1
TEAM	532	304	3715	57.1	6.98	23	4.3	18	3.4	60	34/176	79.1
OPP	559	340	3807	60.8	6.81	24	4.3	23	4.1	63	36/218	78.3

Record (finish): 9-7 (1st, NFC West)

Head Coach: Mike Holmgren (50-46, .521)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Bill Gillespie (Strength & Cond. Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Mark Michaels (Special Teams), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, LB Anthony Simmons

Largent Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (2), G Steve Hutchinson (2), T Walter Jones (5)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	16
	Jerry Rice	9
	Koren Robinson	8
	Bobby Engram	7
LT	Walter Jones	16
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Chris Terry	8
	Floyd Womack	8
TE	Jerramy Stevens	5
	Itula Mili	4
QB	Matt Hasselbeck	14
	Trent Dilfer	2
RB	Shaun Alexander	16
FB	Mack Strong	13
K	Josh Brown	16

DEFENSE

LE	Chike Okeafor	16
LT	Cedric Woodard	16
RT	Rashad Moore	12
RE	Grant Wistrom	9
	Antonio Cochran	7
OLB	Isaiah Kacyvenski	7
	Anthony Simmons	7
MLB	Orlando Huff	14
OLB	Chad Brown	7
	Isaiah Kacyvenski	6
LCB	Marcus Trufant	16
RCB	Ken Lucas	16
SS	Terreal Bierria	12
	Michael Boulware	4
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Donnie Jones	6
	Ken Walter	6
	Tom Rouen	4

2004 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.563	371	373
St. Louis*	8	8	0	.500	319	392
Arizona	6	10	0	.375	284	322
San Francisco	2	14	0	.125	259	452

2005 REVIEW (13-3; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/11	L	26-14	at Jacksonville	65,204
09/18	W	21-18	Atlanta	66,030
09/25	W	37-12	Arizona	64,843
10/02	L	20-17	at Washington (OT)	90,215
10/09	W	37-31	at St. Louis	65,707
10/16	W	42-10	Houston	66,196
10/23	W	13-10	Dallas	67,046
10/30			BYE	
11/06	W	33-19	at Arizona	43,542
11/13	W	31-16	St. Louis	67,192
11/20	W	27-25	at San Francisco	63,590
11/27	W	24-21	N.Y. Giants (OT)	67,102
12/05	W	42-0	at Philadelphia	67,637
12/11	W	41-3	San Francisco	66,690
12/18	W	28-24	at Tennessee	69,149
12/24	W	28-13	Indianapolis	67,855
01/01	L	23-17	at Green Bay	69,928
POSTSEASON				
01/14	W	20-10	Washington (NFC Divisional Playoff)	67,551
01/22	W	34-14	Carolina (NFC Championship Game)	67,837
02/05	L	21-10	Pittsburgh (Super Bowl XL)	68,206

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	361	295
Rushing	142	78
Passing	192	194
Penalty	27	23
3rd Down: Made/Att.	76/192	89/234
3rd Down Pct.	39.6	38.0
4th Down: Made/Att.	7/8	12/19
4th Down Pct.	87.5	63.2
POSSESSION AVG.	29:17	30:43
TOTAL NET YARDS	5915	5069
Avg. Per Game	369.7	316.8
Total Plays	1020	1041
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2457	1510
Avg. Per Game	153.6	94.4
Total Rushes	519	420
NET YARDS PASSING	3458	3559
Avg. Per Game	216.1	222.4
Sacked/Yards Lost	27/174	50/302
Gross Yards	3632	3861
Att./Completions	474/307	571/331
Completion Pct.	64.8	58.0
Had Intercepted	10	16
PUNTS/AVERAGE	80/41.0	77/40.1
NET PUNTING AVG.	80/34.7	77/36.0
PENALTIES/YARDS	94/846	123/909
FUMBLES/BALL LOST	18/7	25/11
TOUCHDOWNS	57	24
Rushing	29	5
Passing	25	18
Defensive	3	0
Returns	0	1
FIELD GOALS	18/25	34/42
TOTAL POINTS	452	271

By Quarters	1	2	3	4	OT	Tot
SEA	93	148	121	87	3	452
OPP	44	80	83	61	3	271

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Alexander	28	27	1	0	0	0	0	168
J. Brown	0	0	0	0	56/57	18/25	0	110
Jurevicius	10	0	10	0	0	0	0	60
Stevens	5	0	5	0	0	0	0	30
Engram	3	0	3	0	0	0	0	18
Jackson	3	0	3	0	0	0	0	18
SEA	57	29	25	3	56/57	18/25	0	452
OPP	24	5	18	1	21/21	34/42	0	271

2-Point Conversions: SEA 0-0, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	370	1880	5.1	88t	27
Morris	71	288	4.1	49	1
Hasselbeck	36	124	3.4	23	1
Weaver	17	80	4.7	24	0
Strong	17	78	4.6	16	0
SEA	519	2457	4.7	88t	29
OPP	420	1510	3.6	50	5

Receiving	No	Yds	Avg	LG	TD
Engram	67	778	11.6	56	3
Jurevicius	55	694	12.6	52	10
Stevens	45	554	12.3	35t	5
Jackson	38	482	12.7	48	3
Hackett	28	400	14.3	47	2
Strong	22	166	7.5	27	0
Alexander	15	78	5.2	9	1
SEA	307	3632	11.8	56	25
OPP	331	3861	11.7	63	18

Interceptions	No	Yds	Avg	LG	TD
Boulware	4	107	26.8	40	0
Babineaux	3	56	18.7	25	0
Tatupu	3	55	18.3	38t	1
Herndon	2	12	6.0	6	0
SEA	16	315	19.7	72t	2
OPP	10	93	9.3	33	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Rouen	61	2539	41.6	35.0	20	7	62	0
SEA	80	3282	41.0	34.7	25	8	62	0
OPP	77	3091	40.1	36.0	23	7	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Williams	24	22	139	5.8	24	0
SEA	31	23	177	5.7	24	0
OPP	41	16	343	8.4	44	0

Kickoff Returns	No	Yds	Avg	LG	TD
Scobey	59	1326	22.5	53	0
SEA	61	1347	22.1	53	0
OPP	82	1802	22.0	99t	1

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	5/5	4/5	4/7	5/8
SEA	0/0	5/5	4/5	4/7	5/8
OPP	0/0	8/9	16/18	7/10	3/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	105	86	19	4.0	3	10	0	1
Boulware	73	58	15	2.0	4	9	1	0
Manuel	67	54	13	0.0	0	2	0	1
Hill	67	48	19	7.5	0	2	2	0
Trufant	64	55	9	1.0	1	14	1	0
Lewis	64	46	18	0.0	0	1	1	0
Babineaux	58	47	11	0.0	3	8	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	449	294	3459	65.5	7.70	24	5.3	9	2.0	56	24/154	98.2
Wallace	25	13	173	52.0	6.92	1	4.0	1	4.0	42	3/20	70.9
SEA	474	307	3632	64.8	7.66	25	5.3	10	2.1	56	27/174	96.8
OPP	571	331	3861	58.0	6.76	18	3.2	16	2.8	63	50/302	77.4

Record (finish): 13-3 (1st, NFC West)

Head Coach: Mike Holmgren (63-49, .563)

Assistants: Gil Haskell (Off. Coord.), Ray Rhodes (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Off. Consultant), John Jamison (Special Teams Assistant), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), John Marshall (LBs), Stump Mitchell (RBs), Gary Reynolds (Offensive Asst./Quality Control), Zerick Rollins (DL/Quality Control), Jim Zorn (QBs)

Captains: WR Alex Bannister, QB Matt Hasselbeck, DE Grant Wistrom

Largent Award: FB Mack Strong

Pro Bowl: RB Shaun Alexander (3), QB Matt Hasselbeck (2), G Steve Hutchinson (3), T Walter Jones (6), FB Mack Strong (1), LB Lofa Tatupu (1), C Robbie Tobeck (1)

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Joe Jurevicius	11
	Darrell Jackson	6
	Peter Warrick	5
LT	Walter Jones	15
	Sean Locklear	1
LG	Steve Hutchinson	16
C	Robbie Tobeck	16
RG	Chris Gray	16
RT	Sean Locklear	15
TE	Jerramy Stevens	12
	Ryan Hannam	5
QB	Matt Hasselbeck	16
RB	Shaun Alexander	16
FB	Mack Strong	7

DEFENSE

LE	Bryce Fisher	15
LT	Chuck Darby	14
	Rocky Bernard	2
RT	Marcus Tubbs	11
	Rocky Bernard	5
RE	Grant Wistrom	16
OLB	Jamie Sharper	8
	Leroy Hill*	9
MLB	Lofa Tatupu*	16
OLB	D.D. Lewis	12
	Kevin Bentley	3
LCB	Kelly Herndon	6
	Andre Dyson	5
	Jordan Babineaux	4
RCB	Marcus Trufant	15
SS	Michael Boulware	16
FS	Marquand Manuel	11
	Ken Hamlin	6

SPECIAL TEAMS

P	Tom Rouen	12
K	Josh Brown	16

* Rookie or first-year player

2005 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	13	3	0	.812	452	271
St. Louis	6	10	0	.375	363	429
Arizona	5	11	0	.312	311	387
San Francisco	4	12	0	.250	239	428

2006 REVIEW (9-7; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/10	W	9-6	at Detroit	60,535
09/17	W	21-10	Arizona	67,470
09/24	W	42-30	N.Y. Giants	68,161
10/01	L	37-6	at Chicago	62,225
10/08			BYE	
10/15	W	30-28	at St. Louis	65,592
10/22	L	31-13	Minnesota	68,118
10/29	L	35-28	at Kansas City	77,645
11/06	W	16-0	Oakland	67,816
11/12	W	24-22	St. Louis	68,175
11/19	L	20-14	at San Francisco	68,367
11/27	W	34-24	Green Bay	68,256
12/03	W	23-20	at Denver	76,146
12/10	L	27-21	at Arizona	63,603
12/14	L	24-14	San Francisco	67,650
12/24	L	20-17	San Diego	68,174
12/31	W	23-7	at Tampa Bay	65,660

POSTSEASON

01/06	W	21-20	Dallas (NFC Wild Card Game)	68,058
01/14	L	27-24	at Chicago (OT) (NFC Divisional Playoff)	62,184

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	312	277
Rushing	112	102
Passing	167	160
Penalty	33	15
3rd Down: Made/Att.	85/224	80/219
3rd Down Pct.	37.9	36.5
4th Down: Made/Att.	2/8	6/12
4th Down Pct.	25.0	50.0
POSSESSION AVG.	29:48	30:12
TOTAL NET YARDS	4977	5285
Avg. Per Game	311.1	330.3
Total Plays	1045	986
Avg. Per Play	4.8	5.4
NET YARDS RUSHING	1923	2029
Avg. Per Game	120.2	126.8
Total Rushes	484	441
NET YARDS PASSING	3054	3256
Avg. Per Game	190.9	203.5
Sacked/Yards Lost	49/315	41/282
Gross Yards	3369	3538
Att./Completions	512/292	504/299
Completion Pct.	57.0	59.3
Had Intercepted	22	12
PUNTS/AVERAGE	86/44.5	88/42.9
NET PUNTING AVG.	37.0	36.9
PENALTIES/YARDS	94/700	118/950
FUMBLES/BALL LOST	21/12	34/14
TOUCHDOWNS	37	39
Rushing	8	12
Passing	26	23
Defensive	2	4
Returns	1	0
FIELD GOALS	25/31	23/33
TOTAL POINTS	335	341

By Quarters	1	2	3	4	OT	Tot
SEA	103	73	52	107	0	335
OPP	67	104	54	116	0	341

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	36/36	25/31	0	111
Jackson	10	0	10	0			0	60
Alexander	7	7	0	0			0	42
Stevens	4	0	4	0			0	26
Branch	4	0	4	0			0	24
Hackett	4	0	4	0			0	24
SEA	37	8	26	3	36/36	25/31	0	335
OPP	39	12	23	4	36/36	23/33	0	341

2-Pt. Conversions: SEA 1-1 (Stevens), OPP 1-3.

Rushing	Att	Yds	Avg	LG	TD
Alexander	252	896	3.6	33t	7
Morris	161	604	3.8	29	0
Strong	33	149	4.5	17	1
Wallace	12	122	10.2	37	0
Hasselbeck	18	110	6.1	19	0
SEA	484	1923	4.0	37	8
OPP	441	2029	4.6	95t	12

Receiving	No	Yds	Avg	LG	TD
Jackson	63	956	15.2	72t	10
Branch	53	725	13.7	38t	4
Hackett	45	610	13.6	47	4
Strong	29	159	5.5	13	0
Engram	24	290	12.1	25	1
Stevens	22	231	10.5	26	4
Burleson	18	192	10.7	36	2
SEA	292	3369	11.5	72t	26
OPP	299	3538	11.8	71t	23

Interceptions	No	Yds	Avg	LG	TD
Hamlin	3	63	21.0	37	0
Boulware	2	1	0.5	1	0
Tapp	1	25	25.0	25t	1
Babineaux	1	20	20.0	20	0
SEA	12	124	10.3	37	1
OPP	22	141	6.4	39	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	84	3778	45.0	37.3	15	25	72	0
TEAM	86	3827	44.5	37.0	15	26	72	0
OPP	88	3773	42.9	36.9	5	25	61	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	34	7	322	9.5	90t	1
TEAM	49	16	424	8.7	90t	1
OPP	39	12	343	8.8	40	0

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	26	643	24.7	50	0
SEA	69	1548	22.4	50	0
OPP	61	1499	24.6	51	0

Field Goals	1-19	20-29	30-39	40-49	50+
J. Brown	0/0	10/10	5/7	7/9	3/5
TEAM	0/0	10/10	5/7	7/9	3/5
OPP	1/1	1/3	11/12	10/12	0/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	123	93	30	1.5	1	7	2	1
Hamlin	96	75	21	2.0	3	11	1	0
Hill	92	70	22	2.0	0	2	2	1
Peterson	89	71	18	10.0	1	6	1	1
Herndon	68	50	18	0.0	1	16	1	1
Trufant	68	60	8	0.0	1	11	2	0
Babineaux	51	41	10	0.0	1	4	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	371	210	2442	56.6	6.58	18	4.9	15	4.0	72t	34/229	76.0
Wallace	141	82	927	58.2	6.57	8	5.7	7	5.0	49t	14/83	76.2
TEAM	512	292	3369	57.0	6.58	26	5.1	22	4.3	72t	49/315	76.0
OPP	504	299	3538	59.3	7.02	23	4.6	12	2.4	71t	41/282	86.1

Record (finish): 9-7 (1st, NFC West)

Head Coach: Mike Holmgren (72-56, .563)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Teryl Austin (DBs), Dwaine Board (DL), Bob Casullo (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./ Secondary), Stump Mitchell (RBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)

Captains: LS J.P. Darche, T Walter Jones, LB Lofa Tatupu

Largent Award: FB Mack Strong

Pro Bowl: T Walter Jones (7), LB Julian Peterson (1, 3 overall), FB Mack Strong (2), LB Lofa Tatupu (2)

OFFENSE

Pos.		Starts
WR	Darrell Jackson	13
	Deion Branch	13
	Nate Burleson	7
	Bobby Engram	6
	D.J. Hackett	4
LT	Walter Jones	16
LG	Floyd Womack	8
	Chris Spencer	5
	Rob Sims*	3
C	Robbie Tobeck	8
	Chris Spencer	8
RG	Chris Gray	15
	Floyd Womack	1
RT	Sean Locklear	10
	Tom Ashworth	6
TE	Jerramy Stevens	6
	Itula Mili	2
QB	Matt Hasselbeck	12
	Seneca Wallace	
RB	Shaun Alexander	10
	Maurice Morris	8
FB	Mack Strong	10

DEFENSE

LE	Bryce Fisher	16
LT	Chuck Darby	14
	Marcus Tubbs	2
RT	Rocky Bernard	16
RE	Grant Wistrom	16
OLB	Leroy Hill	15
	D.D. Lewis	1
MLB	Lofa Tatupu	16
OLB	Julian Peterson	16
LCB	Kelly Herndon	16
RCB	Marcus Trufant	15
	Kelly Jennings*	2
SS	Michael Boulware	8
	Jordan Babineaux	8
FS	Ken Hamlin	16

SPECIAL TEAMS

K	Josh Brown	16
P	Ryan Plackemeier*	16

* Rookie or first-year player

2006 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	9	7	0	.562	335	341
St. Louis	8	8	0	.500	367	381
San Francisco	7	9	0	.438	298	412
Arizona	5	11	0	.312	314	389

* Wild Card teams

2007 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
09/09	W	20-6	Tampa Bay	68,044
09/16	L	23-20	at Arizona	64,542
09/23	W	24-21	Cincinnati	68,110
09/30	W	23-3	at San Francisco	67,651
10/07	L	21-0	at Pittsburgh	64,478
10/14	L	28-17	New Orleans	68,296
10/21	W	33-6	St. Louis	68,164
10/28			BYE	
11/04	L	33-30	at Cleveland (OT)	72,927
11/12	W	24-0	San Francisco	68,331
11/18	W	30-23	Chicago	68,249
11/25	W	24-19	at St. Louis	65,423
12/02	W	28-24	at Philadelphia	68,445
12/09	W	42-21	Arizona	68,193
12/16	L	13-10	at Carolina	73,421
12/23	W	27-6	Baltimore	68,164
12/30	L	44-41	at Atlanta	64,925
POSTSEASON				
01/05	W	35-14	Washington (NFC Wild Card Game)	68,297
01/12	L	42-20	at Green Bay (NFC Divisional Playoff)	72,168

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	323	278
Rushing	93	78
Passing	211	183
Penalty	19	17
3rd Down: Made/Att.	75/214	88/232
3rd Down Pct.	35.0	37.9
4th Down: Made/Att.	6/14	5/17
4th Down Pct.	42.9	29.4
POSSESSION AVG.	29:49	30:11
TOTAL NET YARDS	5583	5149
Avg. Per Game	348.9	321.8
Total Plays	1056	1035
Avg. Per Play	5.3	5.0
NET YARDS RUSHING	1619	1644
Avg. Per Game	101.2	102.8
Total Rushes	430	422
NET YARDS PASSING	3964	3505
Avg. Per Game	247.8	219.1
Sacked/Yards Lost	36/217	45/303
Gross Yards	4181	3808
Att./Completions	590/371	568/333
Completion Pct.	62.9	58.6
Had Intercepted	13	20
PUNTS/AVERAGE	86/40.0	93/46.5
NET PUNTING AVG.	86/34.3	93/37.0
PENALTIES/YARDS	59/428	99/756
FUMBLES/BALL LOST	21/11	31/14
TOUCHDOWNS	44	32
Rushing	9	16
Passing	30	15
Defensive	2	1
Returns	3	0
FIELD GOALS	28/34	22/27
TOTAL POINTS	393	291

By Quarters	1	2	3	4	OT	Tot
SEA	76	136	73	108	0	393
OPP	62	95	39	92	3	291

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Brown	0	0	0	0	43/43	28/34	0	127
Burleson	11	0	9	2			0	66
Engram	6	0	6	0			0	36
Alexander	5	4	1	0			0	30
Morris	5	4	1	0			0	30
Branch	4	0	4	0			0	24
SEA	44	9	30	5	43/43	28/34	1	393
OPP	32	16	15	1	27/28	22/27	2	291

2-Pt. Conversions: SEA 0-1, OPP 1-4.

Rushing	Att	Yds	Avg	LG	TD
Alexander	207	716	3.5	25	4
Morris	140	628	4.5	46	4
Weaver	33	146	4.4	37	1
Hasselbeck	39	89	2.3	12	0
Strong	4	19	4.8	9	0
SEA	430	1619	3.8	46	9
OPP	422	1644	3.9	53t	16

Receiving	No	Yds	Avg	LG	TD
Engram	94	1147	12.2	49	6
Burleson	50	694	13.9	45t	9
Branch	49	661	13.5	65	4
Weaver	39	313	8.0	46	0
Hackett	32	384	12.0	59	3
Pollard	28	273	9.8	22	2
Morris	23	213	9.3	34t	1
SEA	371	4181	11.3	65	30
OPP	333	3808	11.4	79t	15

Interceptions	No	Yds	Avg	LG	TD
Trufant	7	150	21.4	84t	1
Tatupu	4	116	29.0	49	0
Grant	3	34	11.3	34	0
Peterson	2	3	1.5	3	0
SEA	20	299	15.0	84t	1
OPP	13	144	11.1	35	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Plackemeier	86	3436	40.0	34.3	6	30	62	0
SEA	86	3436	40.0	34.3	6	30	62	0
OPP	93	4322	46.5	37.0	11	24	80	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	58	8	658	11.3	94t	1
SEA	58	8	658	11.3	94t	1
OPP	37	15	362	9.8	64	0

Kickoff Returns	No	Yds	Avg	LG	TD
Burleson	27	590	21.9	91t	1
SEA	53	1173	22.1	91t	2
OPP	73	1790	24.5	61	0

Field Goals	1-19	20-29	30-39	40-49	50+
Brown	0/0	12/12	5/5	8/12	3/5
TEAM	0/0	12/12	5/5	8/12	3/5
OPP	1/1	5/5	9/10	5/7	2/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	109	83	26	1.0	4	9	3	0
Trufant	85	78	7	0.0	7	16	0	0
Hill	81	58	23	3.0	0	4	3	1
Peterson	74	63	11	9.5	2	3	4	2
Grant	72	60	12	0.0	3	10	0	0
Russell	64	56	8	1.0	1	6	0	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	562	352	3966	62.6	7.06	28	5.0	12	2.1	65	33/204	91.4
S. Wallace	28	19	215	67.9	7.68	2	7.1	1	3.6	45t	3/13	99.6
TEAM	590	371	4181	62.9	7.09	30	5.1	13	2.2	65	36/217	91.8
OPP	568	333	3808	58.6	6.70	15	2.6	20	3.5	79t	45/303	73.0

Record (finish): 10-6 (1st, NFC West)

Head Coach: Mike Holmgren (82-62, .569)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Dwaine Board (DL), Bruce DeHaven (Special Teams), Mike Clark (Strength & Cond.), Nolan Cromwell (WRs), Keith Gilbertson (Asst. OL), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Cond. Asst.), Bill Laveroni (OL), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Stump Mitchell (RBs), Jim Mora (DBs), Gary Reynolds (Off. Asst./Quality Control), Ray Rhodes (Special Projects/Def.), Zerick Rollins (LBs), Jim Zorn (QBs)

Captains: QB Matt Hasselbeck, FB Mack Strong, LB Lofa Tatupu, S Deon Grant, K Josh Brown, LB Niko Koutouvides

Largent Award: WR Bobby Engram

Pro Bowl: QB Matt Hasselbeck (3), T Walter Jones (8), DE Patrick Kerney (1, 2 overall), LB Julian Peterson (2, 4 overall), LB Lofa Tatupu (3), CB Marcus Trufant (1)

All-Pro: DE Patrick Kerney (1), LB Lofa Tatupu (1), T Walter Jones (5).

OFFENSE

Pos.		Starts
WR	Bobby Engram	13
	Nate Burleson	12
	Deion Branch	11
	D.J. Hackett	6
LT	Walter Jones	15
	Floyd Womack	1
LG	Rob Sims	16
C	Chris Spencer	16
RG	Chris Gray	16
RT	Sean Locklear	16
TE	Marcus Pollard	10
	Will Heller	6
QB	Matt Hasselbeck	16
RB	Shaun Alexander	11
	Maurice Morris	5
FB	Leonard Weaver	4
	Mack Strong	2

DEFENSE

LE	Patrick Kerney	16
LT	*Brandon Mebane	10
	Chuck Darby	6
RT	Rocky Bernard	14
	Craig Terrill	2
RE	Darryl Tapp	16
OLB	Leroy Hill	14
	Kevin Bentley	2
MLB	Lofa Tatupu	16
OLB	Julian Peterson	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	15
SS	Deon Grant	16
	Mike Green	1
FS	Brian Russell	16

SPECIAL TEAMS

K	Josh Brown	16
P	Ryan Plackemeier	16

* Rookie or first-year player

2007 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	10	6	0	.625	393	291
Arizona	8	8	0	.500	404	399
San Francisco	5	11	0	.313	219	364
St. Louis	3	13	0	.188	263	438

2008 REVIEW (4-12)

Date	W/L	Score	Opponents	Att
09/07	L	34-10	at Buffalo	71,194
09/14	L	33-30	San Francisco (OT)	67,951
09/21	W	37-13	St. Louis	68,012
9/28			BYE	
10/05	L	44-6	at N.Y. Giants	79,529
10/12	L	27-17	Green Bay	68,302
10/19	L	20-10	at Tampa Bay	64,811
10/26	W	34-13	at San Francisco	67,504
11/02	L	26-7	Philadelphia	68,055
11/09	L	21-19	at Miami	64,862
11/16	L	26-20	Arizona	67,616
11/23	L	20-17	Washington	67,771
11/27	L	34-9	at Dallas	63,253
12/07	L	24-21	New England	68,077
12/14	W	23-20	at St. Louis	56,123
12/21	W	13-3	N.Y. Jets	68,181
12/28	L	34-21	at Arizona	63,874

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	324
Rushing	104	98
Passing	142	207
Penalty	19	19
3rd Down: Made/Att.	62/198	94/222
3rd Down Pct.	31.3	42.3
4th Down: Made/Att.	10/12	8/13
4th Down Pct.	83.3	61.5
POSSESSION AVG.	26:30	33:30
TOTAL NET YARDS	4385	6048
Avg. Per Game	274.1	378.0
Total Plays	927	1058
Avg. Per Play	4.7	5.7
NET YARDS RUSHING	1768	1899
Avg. Per Game	110.5	118.7
Total Rushes	417	457
NET YARDS PASSING	2617	4149
Avg. Per Game	163.6	259.3
Sacked/Yards Lost	36/214	35/193
Gross Yards	2831	4342
Att./Completions	474/262	566/366
Completion Pct.	55.3	64.7
Had Intercepted	15	9
PUNTS/AVERAGE	90/44.5	68/44.3
NET PUNTING AVG.	90/36.9	68/38.2
PENALTIES/YARDS	79/601	81/671
FUMBLES/BALL LOST	20/12	26/11
TOUCHDOWNS	32	40
Rushing	10	13
Passing	18	25
Defensive	4	1
Returns	0	1
FIELD GOALS	24/27	37/41
TOTAL POINTS	294	392

By Quarters	1	2	3	4	OT	Tot
SEA	74	95	38	87	0	294
OPP	78	137	105	69	3	392

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	30/30	24/27	0	102
Duckett	8	8	0	0			0	48
Carlson	5	0	5	0			0	30
Branch	4	0	4	0			0	24
Five tied with 12								
SEA	32	10	18	4	30/30	24/27	0	294
OPP	40	13	25	2	39/39	37/41	0	392

2-Pt. Conversions: SEA 0-2, OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
J. Jones	158	698	4.4	33	2
Morris	132	574	4.3	45	0
Duckett	62	172	2.8	29	8
Weaver	30	130	4.3	15	0
Wallace	16	78	4.9	23	0
SEA	417	1768	4.2	45	10
OPP	457	1899	4.2	51t	13

Receiving	No	Yds	Avg	LG	TD
Carlson	55	627	11.4	33	5
Engram	47	489	10.4	37	0
Robinson	31	400	12.9	90t	2
Branch	30	412	13.7	63	4
Weaver	20	222	11.1	62t	2
Morris	19	136	7.2	13t	2
J. Jones	14	66	4.7	17	0
SEA	262	2831	10.8	90t	18
OPP	366	4342	11.9	63	25

Interceptions	No	Yds	Avg	LG	TD
Wilson	4	135	33.8	75t	1
Grant	2	31	15.5	31	0
Babineaux	1	35	35.0	35t	1
Tatupu	1	16	16.0	16	0
Trufant	1	0	0.0	0	0
SEA	9	217	24.1	75t	2
OPP	15	233	15.5	86t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3557	45.6	37.9	12	22	63	1
SEA	90	4007	44.5	36.9	12	24	63	1
OPP	68	3009	44.3	38.2	3	20	68	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Forsett	23	9	227	9.9	29	0
SEA	35	17	353	10.1	30	0
OPP	44	8	444	10.1	63t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Wilson	69	1753	25.4	61	0
SEA	77	1948	25.3	61	0
OPP	47	1205	25.6	58	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	7/7	9/10	5/6	3/4
TEAM	0/0	7/7	9/10	5/6	3/4
OPP	0/0	15/15	8/8	11/14	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Tatupu	94	69	25	0.0	1	4	1	0
Peterson	86	65	21	5.0	0	5	4	1
Hill	81	61	20	1.0	0	3	0	0
Grant	77	60	17	0.0	2	8	0	0
Wilson	76	69	7	1.0	4	9	3	2
Russell	69	53	6	1.0	0	3	1	0

Record (finish): 4-12 (3rd, NFC West)

Head Coach: Mike Holmgren (86-74, .538)

Assistants: Gil Haskell (Off. Coord.), John Marshall (Def. Coord.), Chris Beake (Offensive Asst./Quality Control), Jim Mora (DBs), Dwaine Board (DL), Mike Clark (Strength & Conditioning), Mike DeBord (Asst. OL), Bruce DeHaven (Special Teams), Kasey Dunn (RBs), Keith Gilbertson (WRs), Tom Headlee (Quality Control/Def.), John Jamison (Special Teams Asst.), Darren Krein (Strength & Conditioning Asst.), Bill Lazor (QBs), Jim Lind (TEs), Larry Marmie (Def. Asst./Secondary), Zerick Rollins (LBs), Mike Solari (OL)

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, LB D.D. Lewis

Largent Award: Coach Mike Holmgren

Pro Bowl: T Walter Jones (9), LB Julian Peterson (3, 5 overall)

All-Pro: T Walter Jones (6).

OFFENSE

Pos.		Starts
WR	Koren Robinson	12
	Bobby Engram	11
	Deion Branch	8
LT	Walter Jones	12
LG	Mike Wahle	10
	Floyd Womack	6
C	Chris Spencer	11
	Steve Vallos	5
RG	Floyd Womack	8
	Mansfield Wrotto	4
RT	Sean Locklear	9
	Ray Willis	7
TE	John Carlson*	9
QB	Seneca Wallace	8
	Matt Hasselbeck	7
RB	Julius Jones	10
	Maurice Morris	6
FB	Leonard Weaver	6

DEFENSE

LE	Darryl Tapp	9
	Patrick Kerney	7
LT	Brandon Mebane	16
RT	Rocky Bernard	15
RE	Lawrence Jackson*	14
OLB	Leroy Hill	12
MLB	Lofa Tatupu	15
OLB	Julian Peterson	15
LCB	Marcus Trufant	16
RCB	Josh Wilson	12
	Kelly Jennings	4
SS	Deon Grant	16
FS	Brian Russell	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	15

* Rookie or first-year player

2008 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	9	7	0	.563	427	426
San Francisco	7	9	0	.438	339	381
Seattle	4	12	0	.250	294	392
St. Louis	2	14	0	.125	232	465

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wallace	242	141	1532	58.3	6.33	11	4.5	3	1.2	90t	14/76	87.0
Hasselbeck	209	109	1216	52.2	5.82	5	2.4	10	4.8	34	19/119	57.8
TEAM	474	262	2831	55.3	5.97	18	3.8	15	3.2	90t	36/214	72.5
OPP	566	366	4342	64.7	7.67	25	4.4	9	1.6	63	35/193	96.0

2009 REVIEW (5-11)

Date	W/L	Score	Opponents	Att
9/13	W	28-0	St. Louis	67,610
9/20	L	23-10	at San Francisco	69,732
9/27	L	25-29	Chicago	67,938
10/4	L	34-17	at Indianapolis	66,112
10/11	W	41-0	Jacksonville	67,228
10/18	L	27-3	Arizona	67,588
10/25			BYE	
11/1	L	38-17	at Dallas	80,886
11/8	W	32-20	Detroit	67,003
11/15	L	31-20	at Arizona	62,278
11/22	L	35-9	at Minnesota	63,854
11/29	W	27-17	at St. Louis	47,475
12/6	W	20-17	San Francisco	67,761
12/13	L	34-7	at Houston	70,380
12/20	L	24-7	Tampa Bay	67,011
12/27	L	48-10	at Green Bay	70,429
1/3/10	L	17-13	Tennessee	67,002

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	297	305
Rushing	80	80
Passing	184	204
Penalty	33	21
3rd Down: Made/Att.	75/225	87/223
3rd Down Pct.	33.3	39.0
4th Down: Made/Att.	8/19	6/12
4th Down Pct.	42.1	50.0
POSSESSION AVG.	27:31	32:29
TOTAL NET YARDS	5069	5703
Avg. Per Game	316.8	356.4
Total Plays	1045	1024
Avg. Per Play	4.9	5.6
NET YARDS RUSHING	1566	1776
Avg. Per Game	97.9	111.0
Total Rushes	395	428
NET YARDS PASSING	3503	3927
Avg. Per Game	218.9	245.4
Sacked/Yards Lost	41/268	28/185
Gross Yards	3771	4112
Att./Completions	609/372	568/374
Completion Pct.	61.	65.8
Had Intercepted	19	13
PUNTS/AVERAGE	89/46.1	82/47.2
NET PUNTING AVG.	89/38.7	82/41.5
PENALTIES/YARDS	95/840	111/971
FUMBLES/BALL LOST	33/12	21/10
TOUCHDOWNS	30	46
Rushing	7	17
Passing	20	27
Defensive	3	1
Returns	3	2
FIELD GOALS	24/26	22/31
TOTAL POINTS	280	390

By Quarters	1	2	3	4	OT	Tot
SEA	37	118	46	79	0	280
OPP	100	109	104	77	0	390

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	28/28	24/26	0	100
Carlson	7	0	7	0			0	42
Forsett	5	4	1	0			0	30
Jones	4	2	2	0			0	24
2 players with								18
SEA	30	7	20	3	28/28	24/26	0	280
OPP	46	17	27	2	44/44	22/31	0	390

2-Pt. Conversions: SEA 0-2, OPP 2-2.

Rushing	Att	Yds	Avg	LG	TD
Jones	177	663	3.7	62t	2
Forsett	114	619	5.4	35	4
James	46	125	2.7	10	0
Hasselbeck	26	119	4.6	23	0
SEA	395	1566	4.0	62t	7
OPP	428	1776	4.1	80t	17

Receiving	No	Yds	Avg	LG	TD
Houshmandzadeh	79	911	11.5	53	3
Burleson	63	812	12.9	44t	3
Carlson	51	574	11.3	42	7
Branch	45	437	9.7	35	2
Forsett	41	350	8.5	47	1
Jones	35	232	6.6	49	2
Griffith	19	118	6.2	25	1
SEA	372	3771	10.1	53	20
OPP	374	4112	11.0	64t	27

Interceptions	No	Yds	Avg	LG	TD
Hawthorne	3	9	3.0	5	0
Grant	3	7	2.3	7	0
Wilson	2	126	63.0	65t	2
Babineaux	2	18	9.0	18	0
Trufant	2	4	2.0	4	0
SEA	13	164	12.6	65t	2
OPP	19	202	10.6	70t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	88	4068	46.2	38.7	9	28	70	0
SEA	89	4100	46.1	38.7	9	29	70	0
OPP	82	3872	47.2	41.5	6	2	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Burleson	30	3	254	8.5	29	0
SEA	46	12	346	7.5	29	0
OPP	43	17	479	11.1	82t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Rankin TM	16	358	22.4	41	0
SEA	60	1316	21.9	46	0
OPP	46	1059	23.0	53	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	0/0	9/9	10/11	5/6	0/0
TEAM	0/0	9/9	10/11	5/6	0/0
OPP	1/1	5/6	8/11	5/9	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	116	93	23	4.0	3	4	2	1
Babineaux	105	76	29	1.5	2	6	1	0
Grant	75	58	17	0.0	3	8	1	1
Curry	60	53	7	2.0	0	6	2	0
Mebane	49	41	8	1.5	0	0	0	0
Tapp	49	40	9	2.5	0	3	0	1
Trufant	49	43	6	0.0	2	6	0	0

Record (finish): 5-11 (3rd, NFC West)

Head Coach: Jim Mora (5-11, .313)

Assistants: Jim Mora, Gus Bradley (Defensive Coord.), Greg Knapp (Offensive Coord.), Chris Beake (Off. Assistant), Mike Clark (Head Strength & Cond.), Mike DeBord (Tight Ends), Bruce DeHaven (Special Teams), Kasey Dunn (Running Backs), Tom Headlee (Quality Control/Defense), Darren Krein (Asst. Strength & Cond.), Bill Lazor (Quarterbacks), Tim Lewis (Defensive Backs), Larry Marmie (Asst. Def. Backs), Mike Phair (Asst. Def. Line), Robert Prince (Wide Receivers), Dan Quinn (Assistant Head Coach/Def. Line), Zerick Rollins (Linebackers), Mike Solari (Offensive Line).

Captains: QB Matt Hasselbeck, T Walter Jones, LB Lofa Tatupu, S Deon Grant, LB Lance Laury, K Olindo Mare.

Largent Award: Matt Hasselbeck

Pro Bowl: None

All-Pro: None

OFFENSE

Pos.		Starts
WR	T.J. Houshmandzadeh	16
	Nate Burleson	12
	Deion Branch	5
LT	Sean Locklear	10
	Brandon Frye	3
	Damion McIntosh	2
	Kyle Williams	1
LG	Rob Sims	14
C	Chris Spencer	11
RG	Max Unger* (3 at C)	13
	Chris Spencer	3
RT	Ray Willis	16
TE	John Carlson	16
QB	Matt Hasselbeck	14
RB	Julius Jones	14
FB	Justin Griffith	11

DEFENSE

LE	Patrick Kerney	9
	Lawrence Jackson	4
LT	Brandon Mebane	15
RT	Colin Cole	15
RE	Lawrence Jackson	6
	Patrick Kerney	5
OLB	Leroy Hill	11
MLB	David Hawthorne	11
	Lofa Tatupu	5
OLB	Aaron Curry*	13
LCB	Marcus Trufant	9
RCB	Josh Wilson	7
SS	Deon Grant	16
FS	Jordan Babineaux	16

SPECIAL TEAMS

K	Olindo Mare	16
P	Jon Ryan	16

* Rookie or first-year player

2009 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	10	6	0	.625	375	325
San Francisco	8	8	0	.500	330	281
Seattle	5	11	0	.313	280	390
St. Louis	1	15	0	.063	175	436

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	488	293	3029	60.0	6.21	17	3.5	17	3.5	53	32/309	75.1
Wallace	120	78	700	65.0	5.83	3	2.5	2	1.7	39t	9/59	81.9
TEAM	609	372	3771	61.1	6.19	20	3.3	19	3.1	53	41/268	76.7
OPP	568	374	4112	65.8	7.24	27	4.8	13	2.3	64t	28/185	93.4

2010 REVIEW (7-9; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/12	W	31-6	San Francisco	67,044
9/19	L	31-14	at Denver	75,130
9/26	W	27-20	San Diego	67,106
10/3	L	20-3	at St. Louis	52,326
10/10			BYE	
10/17	W	23-20	at Chicago	62,137
10/24	W	22-10	Arizona	67,132
10/31	L	33-3	at Oakland	35,721
11/7	L	41-7	N.Y. Giants	67,287
11/14	W	36-18	at Arizona	61,904
11/21	L	34-19	at New Orleans	70,015
11/28	L	42-24	Kansas City	66,370
12/5	W	31-14	Carolina	66,577
12/12	L	40-21	at San Francisco	69,732
12/19	L	34-18	Atlanta	67,101
12/26	L	38-15	at Tampa Bay	46,576
1/02	W	16-6	St. Louis	67,325
POSTSEASON				
1/8	W	41-36	New Orleans (NFC Wild Card Game)	66,336
1/16	L	35-24	at Chicago (NFC Divisional Playoff)	62,265

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	260	313
Rushing	81	91
Passing	159	206
Penalty	20	16
3rd Down: Made/Att.	76/214	94/238
3rd Down Pct.	35.5	39.5
4th Down: Made/Att.	6/17	8/19
4th Down Pct.	35.3	42.1
POSSESSION AVG.	27:33	32:27
TOTAL NET YARDS	4765	5897
Avg. Per Game	297.8	368.6
Total Plays	964	1074
Avg. Per Play	4.9	5.5
NET YARDS RUSHING	1424	1903
Avg. Per Game	89.0	118.9
Total Rushes	385	452
NET YARDS PASSING	3341	3994
Avg. Per Game	208.8	249.6
Sacked/Yards Lost	35/195	37/246
Gross Yards	3536	4240
Att./Completions	544/324	585/339
Completion Pct.	59.6	57.9
Had Intercepted	20	12
PUNTS/AVERAGE	78/41.7	81/43.5
NET PUNTING AVG.	78/37.3	81/36.0
PENALTIES/YARDS	101/890	91/706
FUMBLES/BALL LOST	18/11	22/10
TOUCHDOWNS	33	47
Rushing	13	13
Passing	14	31
Defensive	2	2
Returns	4	1
FIELD GOALS	25/30	25/30
TOTAL POINTS	310	407

By Quarters	1	2	3	4	OT	Tot
SEA	55	73	86	96	0	310
OPP	89	141	93	84	0	407

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Mare	0	0	0	0	31/31	25/30	0	106
Lynch	6	6	0	0			0	36
Obomanu	4	0	4	0			0	28
Butler	4	0	4	0			0	24
Washington	4		0	3			0	24
Forsett	2	2	0	0			0	12
Williams	2	0	2	0			0	12
SEA	33	13	14	6	31/31	25/30	1	310
OPP	47	13	31	3	44/44	25/30	1	407

2-Point Conversions: SEA 2-2, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Lynch TM	165	573	3.5	39	6
Forsett	118	523	4.4	32	2
Washington	27	100	3.7	21	1
Robinson	12	77	6.4	17	0
SEA	385	1424	3.7	39	13
OPP	452	1903	4.2	53	13

Receiving	No	Yds	Avg	LG	TD
Williams	65	751	11.6	68	2
Butler	36	385	10.7	63t	4
Forsett	33	252	7.6	21	0
Stokley	31	354	11.4	36	0
Carlson	31	318	10.3	37	1
Obomanu	30	494	16.5	87t	4
Lynch TM	21	138	6.6	22	0
SEA	324	3536	10.9	87t	14
OPP	339	4240	12.5	69t	31

Interceptions	No	Yds	Avg	LG	TD
Thomas	5	68	13.6	34	0
Babineaux	2	37	18.5	20	0
5 players with	1				
SEA	12	168	14.0	34	2
OPP	20	261	13.1	39t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	78	3254	41.7	37.3	1	27	63	0
Ryan	78	3254	41.7	37.3	1	27	63	0
OPP	81	3521	43.5	36.0	7	30	63	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	22	8	249	11.3	84	0
SEA	42	14	468	11.1	84	0
OPP	35	23	327	9.3	89t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	57	1461	25.6	101t	3
SEA	65	1558	24.0	101t	3
OPP	50	1099	22.0	79	0

Field Goals	1-19	20-29	30-39	40-49	50+
Mare	2/2	10/12	7/7	5/7	1/2
SEA	2/2	10/12	7/7	5/7	1/2
OPP	0/0	14/15	8/8	3/6	0/1

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	105	74	31	0	1	4	2	1
Milloy	88	61	27	4.0	0	3	1	0
Tatupu	88	58	30	1.0	1	8	2	0
Trufant	80	65	15	0	1	10	1	2
Thomas	71	60	11	0	5	7	1	0
Curry	70	58	12	3.5	0	1	2	0
Clemons	48	33	15	11.0	0	3	1	1

Record (finish): 7-9 (1st, NFC West)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Hasselbeck	444	266	3001	59.9	6.76	12	2.7	17	3.8	87t	29/175	73.2
Whitehurst	99	57	507	57.6	5.12	2	2.0	3	3.0	61	5/13	65.5
SEA	544	324	3536	59.6	6.50	14	2.6	20	3.7	87t	35/195	72.1
OPP	585	339	4240	57.9	7.25	31	5.3	12	2.1	69t	37/246	89.7

Head Coach: Pete Carroll (7-9, .438)

Assistants: Jeremy Bates (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Jedd Fisch (Quarterbacks), Mondray Gee (Asst. Strength & Cond.), Jerry Gray (Defensive Backs), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Mike Phair (Defensive Asst.), Dan Quinn (Defensive Line), Kris Richard (Asst. Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Quality Control/Defense), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Art Valero (Offensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Matt Hasselbeck, CB Roy Lewis, LB Lofa Tatupu

Largent Award: CB Roy Lewis

Pro Bowl: None

OFFENSE

Pos.		Starts
WR	Mike Williams	14
	Deon Butler	7
	Ben Obomanu	6
LT	Russell Okung*	10
	Tyler Polumbus	5
LG	Ben Hamilton	6
	Mike Gibson	5
	Chester Pitts	4
C	Chris Spencer	16
RG	Stacy Andrews	12
RT	Sean Locklear	15
TE	John Carlson	13
QB	Matt Hasselbeck	14
RB	Marshawn Lynch	12
FB	Michael Robinson	4

DEFENSE

LE	Chris Clemons	16
LT	Brandon Mebane	12
RT	Colin Cole	11
RE	Kentwan Balmer	8
	Red Bryant	7
OLB	David Hawthorne	16
MLB	Lofa Tatupu	16
OLB	Aaron Curry	16
LCB	Marcus Trufant	16
RCB	Kelly Jennings	14
SS	Lawyer Milloy	16
FS	Earl Thomas*	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Olindo Mare	16
LS	Clint Gresham*	16

* Rookie or first-year player

2010 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	7	9	0	.438	310	407
St. Louis	7	9	0	.438	289	328
San Francisco	6	10	0	.375	305	346
Arizona	5	11	0	.313	289	434

2011 REVIEW (7-9)

Date	W/L	Score	Opponents	Att
9/11	L	33-17	at San Francisco	69,732
9/18	L	24-0	at Pittsburgh	63,663
9/25	W	13-10	Arizona	66,199
10/2	L	30-28	Atlanta	66,266
10/9	W	36-25	at N.Y. Giants	78,650
10/16			BYE	
10/23	L	6-3	at Cleveland	66,350
10/30	L	34-12	Cincinnati	66,004
11/6	L	23-13	at Dallas	81,510
11/13	W	22-17	Baltimore	66,522
11/20	W	24-7	at St. Louis	56,400
11/27	L	23-17	Washington	66,007
12/1	W	31-14	Philadelphia	67,039
12/12	W	30-13	St. Louis	66,577
12/18	W	38-14	at Chicago	61,542
12/24	L	19-17	San Francisco	66,697
1/1	L	23-20	at Arizona (OT)	61,798

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	265	310
Rushing	89	96
Passing	153	174
Penalty	23	40
3rd Down: Made/Att.	77/228	77/221
3rd Down Pct.	33.8	34.8
4th Down: Made/Att.	7/15	7/11
4th Down Pct.	46.7	63.6
POSSESSION AVG.	28:07	31:53
TOTAL NET YARDS	4860	5315
Avg. Per Game	303.8	332.2
Total Plays	1003	1049
Avg. Per Play	4.8	5.1
NET YARDS RUSHING	1756	1797
Avg. Per Game	109.8	112.3
Total Rushes	444	473
NET YARDS PASSING	3104	3518
Avg. Per Game	194.0	219.9
Sacked/Yards Lost	50/340	33/232
Gross Yards	3444	3750
Att./Completions	509/299	543/324
Completion Pct.	58.7	59.7
Had Intercepted	14	22
PUNTS/AVERAGE	95/46.6	81/44.6
NET PUNTING AVG.	95/39.3	81/37.7
PENALTIES/YARDS	138/1047	96/907
FUMBLES/BALL LOST	22/9	18/9
TOUCHDOWNS	35	33
Rushing	15	10
Passing	15	18
Defensive	4	2
Returns	1	3
FIELD GOALS	25/30	28/37
TOTAL POINTS	321	315

By Quarters	1	2	3	4	OT	Tot
SEA	61	58	90	112	0	321
OPP	62	103	40	107	3	315

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	34/34	25/30	0	109
Lynch	13	12	1	0			0	78
Baldwin	4	0	4	0			0	24
Tate	3	0	3	0			0	18
Browner	2	0	0	2			0	12
Obomanu	2	0	2	0			0	12
Rice	2	0	2	0			0	12
Robinson	2	0	1	1			0	12
SEA	35	15	15	5	34/34	25/30	1	321
OPP	33	10	18	5	31/32	28/37	0	315

2-Point Conversions: SEA 0-1, OPP 1-1.

Rushing	Att	Yds	Avg	LG	TD
Lynch	285	1204	4.2	47	12
Washington	53	248	4.7	48t	1
Forsett	46	145	3.2	22t	1
Jackson	40	108	2.7	13	1
SEA	444	1756	4.0	48t	15
OPP	473	1797	3.8	39	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	51	788	15.5	55t	4
Obomanu	37	436	11.8	55	2
Tate	35	382	10.9	33	3
Rice	32	484	15.1	52t	2
Lynch	28	212	7.6	26	1
SEA	299	3444	11.5	61t	15
OPP	324	3750	11.6	68t	18

Interceptions	No	Yds	Avg	LG	TD
Browner	6	220	36.7	94t	2
Sherman	4	45	11.3	33	0
Chancellor	4	27	6.8	9	0
Hawthorne	3	111	37.0	77t	1
SEA	22	462	21.0	94t	4
OPP	14	187	13.4	75t	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	95	4431	46.6	39.3	8	34	77	0
SEA	95	4431	46.6	39.3	8	34	77	0
OPP	81	3616	44.6	37.7	5	18	66	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	16	464	11.3	37	0
SEA	42	16	464	11.0	37	0
OPP	47	20	541	11.5	63	2

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	43	1084	25.2	54	0
SEA	46	1142	24.8	54	0
OPP	48	1249	26.0	102t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	2/2	5/6	9/10	7/8	2/4
SEA	2/2	5/6	9/10	7/8	2/4
OPP	1/1	10/12	4/4	9/12	4/8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Hawthorne	115	72	43	2.0	3	6	0	1
Chancellor	94	73	21	1.0	4	12	1	1
Thomas	92	67	25	0	2	6	1	2
Hill	89	68	21	4.0	0	0	1	0
Wright	61	46	15	2.0	0	2	1	1
Mebane	56	40	16	0	0	1	0	0
Browner	54	51	3	0	6	23	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Jackson	450	271	3091	60.2	6.87	14	3.1	13	2.9	61t	42/294	79.2
Whitehurst	56	27	298	48.2	5.32	1	1.8	1	1.8	38	8/46	62.9
SEA	509	299	3444	58.7	6.77	15	2.9	14	2.8	61t	50/340	77.6
OPP	543	324	3750	59.7	6.91	18	3.3	22	4.1	68t	33/232	74.8

Record (finish): 7-9 (3rd, NFC West)

Head Coach: Pete Carroll (14-18, .438)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Luke Butkus (Quality Control/Off. Line), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs/CBs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Asst. Defensive Backs/S), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Jeff Ulbrich (Asst. Special Teams), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Tarvaris Jackson, CB Marcus Trufant, FB/ST Michael Robinson, RB/ST Leon Washington

Largent Award: DE Red Bryant

Pro Bowl: CB Brandon Browner, S Kam Chancellor, RB Marshawn Lynch, FB Michael Robinson, S Earl Thomas

OFFENSE

Pos.		Starts
WR	Mike Williams	10
	Sidney Rice	9
	Ben Obomanu	7
LT	Russell Okung*	12
	Paul McQuistan	4
LG	Robert Gallery	12
	Paul McQuistan	3
C	Max Unger	15
RG	John Moffitt*	9
	Lemuel Jeanpierre	4
RT	James Carpenter*	8
	Breno Giacomini	8
TE	Zach Miller	15
QB	Tarvaris Jackson	14
RB	Marshawn Lynch	15
FB	Michael Robinson	5

DEFENSE

LE	Chris Clemons	16
LT	Alan Branch	15
RT	Brandon Mebane	16
RE	Red Bryant	16
OLB	Leroy Hill	16
MLB	David Hawthorne	14
OLB	K.J. Wright	14
LCB	Richard Sherman*	10
	Marcus Trufant	4
RCB	Brandon Browner	16
SS	Kam Chancellor	15
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2011 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	380	229
Arizona	8	8	0	.500	312	348
Seattle	7	9	0	.438	321	315
St. Louis	2	14	0	.125	193	407

2012 REVIEW (11-5; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/9	L	20-16	at Arizona	60,032
9/16	W	27-7	Dallas	68,008
9/24	W	14-12	Green Bay	68,218
9/30	L	19-13	at St. Louis	53,193
10/7	W	16-12	at Carolina	72,676
10/14	W	24-23	New England	68,137
10/18	L	13-6	at San Francisco	69,732
10/28	L	28-24	at Detroit	63,497
11/4	W	30-20	Minnesota	67,584
11/11	W	28-7	N.Y. Jets	67,841
11/18			BYE	
11/25	L	24-21	at Miami	51,295
12/2	W	23-17	at Chicago (OT)	62,264
12/9	W	58-0	Arizona	67,685
12/16	W	50-17	at Buffalo (in Toronto)	40,770
12/23	W	42-13	San Francisco	68,161
12/30	W	20-13	St. Louis	67,936
POSTSEASON				
1/6	W	24-14	at Washington (NFC Wild Card Game)	84,325
1/13	L	30-28	at Atlanta (NFC Divisional Playoff)	70,366

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	311	295
Rushing	129	80
Passing	153	186
Penalty	29	29
3rd Down: Made/Att.	80/199	76/198
3rd Down Pct.	40.2	38.4
4th Down: Made/Att.	11/18	3/10
4th Down Pct.	61.1	30.0
POSSESSION AVG.	31:36	28:24
TOTAL NET YARDS	5610	4899
Avg. Per Game	350.6	306.2
Total Plays	974	968
Avg. Per Play	5.8	5.1
NET YARDS RUSHING	2579	1649
Avg. Per Game	161.2	103.1
Total Rushes	536	368
NET YARDS PASSING	3031	3250
Avg. Per Game	189.4	203.1
Sacked/Yards Lost	33/203	36/247
Gross Yards	3234	3497
Att./Completions	405/259	564/327
Completion Pct.	64.0	58.0
Had Intercepted	10	18
PUNTS/AVERAGE	65/45.6	78/45.1
NET PUNTING AVG.	65/40.8	78/40.0
PENALTIES/YARDS	110/890	102/902
FUMBLES/BALL LOST	16/8	27/13
TOUCHDOWNS	49	25
Rushing	16	8
Passing	27	15
Defensive	5	2
Returns	1	0
FIELD GOALS	24/27	23/25
TOTAL POINTS	412	245

By Quarters	1	2	3	4	OT	Tot
SEA	98	122	87	99	6	412
OPP	51	84	42	68	0	245

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	46/48	24/27	0	118
Lynch	12	11	1	0			0	72
Rice	7	0	7	0			0	42
Tate	7	0	7	0			0	42
Wilson	4	4	0	0			0	24
Baldwin	3	0	3	0			0	18
McCoy	3	0	3	0			0	18
Miller	3	0	3	0			0	18
SEA	49	16	27	6	46/48	24/27	0	412
OPP	25	8	15	2	24/24	23/25	1	245

2-Point Conversions: SEA 0-0, OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Lynch	315	1590	5.0	77t	11
Wilson	94	489	5.2	25t	4
Turbin	80	354	4.4	26	0
Washington	23	83	3.6	14	1
SEA	536	2579	4.8	77t	16
OPP	368	1649	4.5	74	8

Receiving	No	Yds	Avg	LG	TD
Rice	50	748	15.0	46t	7
Tate	45	688	15.3	51	7
Miller	38	396	10.4	30	3
Baldwin	29	366	12.6	50	3
SEA	259	3234	12.5	67	27
OPP	327	3497	10.7	56	15

Interceptions	No	Yds	Avg	LG	TD
Sherman	8	57	7.1	29	1
Thomas	3	80	26.7	57t	1
Wagner	3	55	18.3	45	0
Browner	3	39	13.0	35	0
SEA	18	255	14.2	57t	2
OPP	10	115	11.5	34	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	65	2963	45.6	40.8	3	30	73	0
SEA	65	2963	45.6	40.8	3	30	73	0
OPP	78	3515	45.1	40.0	2	30	66	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Washington	41	17	356	8.7	52	0
SEA	42	18	355	8.5	52	0
OPP	29	17	252	8.7	38	0

Kickoff Returns	No	Yds	Avg	LG	TD
Washington	27	784	29.0	98t	1
SEA	29	787	27.1	98t	1
OPP	50	1147	22.9	40	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	1/1	7/7	10/10	5/5	1/4
SEA	1/1	7/7	10/10	5/5	1/4
OPP	0/0	6/7	8/8	5/5	4/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	140	86	54	2.0	3	4	0	0
Wright	96	66	30	1.0	1	5	1	0
Chancellor	91	69	22	0.0	0	5	1	1
Sherman	62	52	10	1.0	8	24	2	1
Thomas	61	39	22	0.0	3	9	1	0
Mebane	56	31	25	3.0	0	3	0	1
Hill	47	31	16	1.5	0	0	1	0

Record (finish): 11-5 (2nd, NFC West)

Head Coach: Pete Carroll (25-23, .521)

Assistants: Darrell Bevell (Off. Coord.), Gus Bradley (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Quality Control/Offense), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Def. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), Pat McPherson (Tight Ends), Marquand Manuel (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Todd Wash (Defensive Line), Jamie Yanchar (Asst. Strength & Cond.).

Captains: C Max Unger, DE Red Bryant, LB/ST Heath Farwell, FB/ST Michael Robinson

Largent Award: QB Russell Wilson

Pro Bowl: RB Marshawn Lynch, T Russell Okung, S Earl Thomas, C Max Unger, RS/RB Leon Washington, QB Russell Wilson

All-Pro: RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger

OFFENSE

Pos.		Starts
WR	Sidney Rice	16
	Golden Tate	15
LT	Russell Okung	15
LG	James Carpenter	7
	Paul McQuistan	7
	John Moffitt	2
C	Max Unger	16
RG	Paul McQuistan	9
	John Moffitt	4
	J.R. Sweezy*	3
RT	Breno Giacomini	16
TE	Zach Miller	15
QB	Russell Wilson*	16
RB	Marshawn Lynch	16
FB	Michael Robinson	6

DEFENSE

LE	Red Bryant	16
LT	Alan Branch	16
RT	Brandon Mebane	16
RE	Chris Clemons	16
OLB	Leroy Hill	12
	Malcolm Smith	3
MLB	Bobby Wagner*	15
OLB	K.J. Wright	15
LCB	Richard Sherman	16
RCB	Brandon Browner	12
	Jeremy Lane*	3
SS	Kam Chancellor	16
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	393	252	3118	64.1	7.93	26	6.6	10	2.5	67	33/203	100.0
Flynn	9	5	68	55.6	7.56	0	0.0	0	0.0	27	0/0	79.9
SEA	405	259	3234	64.0	7.99	27	6.7	10	2.5	67	33/203	100.6
OPP	564	327	3497	58.0	6.20	15	2.7	18	3.2	56	36/247	71.8

2012 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	11	4	1	.719	397	273
Seattle*	11	5	0	.688	412	245
St. Louis	7	8	1	.469	299	348
Arizona	5	11	0	.313	250	357

2013 REVIEW (13-3; 3-0 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/8	W	12-7	at Carolina	73,294
9/15	W	29-3	San Francisco	68,338
9/22	W	45-17	Jacksonville	68,087
9/29	W	23-20	at Houston (OT)	71,756
10/6	L	34-28	at Indianapolis	66,608
10/13	W	20-13	Tennessee	68,127
10/17	W	34-22	at Arizona	61,200
10/28	W	14-9	at St. Louis	55,966
11/3	W	27-24	Tampa Bay (OT)	67,873
11/10	W	33-10	at Atlanta	70,309
11/17	W	41-20	Minnesota	68,235
11/24			BYE	
12/2	W	34-7	New Orleans	68,387
12/8	L	19-17	at San Francisco	69,732
12/15	W	23-0	at N.Y. Giants	79,691
12/22	L	17-10	Arizona	68,266
12/29	W	27-9	St. Louis	68,264
POSTSEASON				
1/11	W	23-15	New Orleans (NFC Divisional Playoff)	68,388
1/19	W	23-17	San Francisco (NFC Championship Game)	68,454
2/2	W	43-8	Denver (Super Bowl XLVIII)	82,529

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	307	282
Rushing	116	83
Passing	160	156
Penalty	31	43
3rd Down: Made/Att.	76/204	76/216
3rd Down Pct.	37.3	35.2
4th Down: Made/Att.	6/11	4/11
4th Down Pct.	54.5	36.4
POSSESSION AVG.	29:57	30:03
TOTAL NET YARDS	5424	4378
Avg. Per Game	339.0	273.6
Total Plays	973	990
Avg. Per Play	5.6	4.4
NET YARDS RUSHING	2188	1626
Avg. Per Game	136.8	101.6
Total Rushes	509	422
NET YARDS PASSING	3236	2752
Avg. Per Game	202.3	172.0
Sacked/Yards Lost	44/272	44/298
Gross Yards	3508	3050
Att./Completions	420/267	524/309
Completion Pct.	63.6	59.0
Had Intercepted	9	28
PUNTS/AVERAGE	76/41.6	82/46.1
NET PUNTING AVG.	76/39.2	82/38.0
PENALTIES/YARDS	128/1183	98/879
FUMBLES/BALL LOST	26/10	26/11
TOUCHDOWNS	45	22
Rushing	14	4
Passing	27	16
Defensive	4	2
Returns	0	0
FIELD GOALS	33/35	26/27
TOTAL POINTS	417	231

By Quarters	1	2	3	4	OT	Tot
SEA	69	140	87	115	6	417
OPP	22	108	41	60	0	231

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	44/44	33/35	0	143
Lynch	14	12	2	0			0	84
Baldwin	5	0	5	0			0	30
Miller	5	0	5	0			0	30
Tate	5	0	5	0			0	30
Kearse	4	0	4	0			1	26
Rice	3	0	3	0			0	18
SEA	45	14	27	4	44/44	33/35	2	417
OPP	22	4	16	2	17/17	26/27	0	231

2-Point Conversions: SEA 0-1, OPP 2-5.

Rushing	Att	Yds	Avg	LG	TD
Lynch	301	1257	4.2	43	12
Wilson	96	539	5.6	27	1
Turbin	77	264	3.4	15	0
Michael	18	79	4.4	13	0
SEA	509	2188	4.3	43	14
OPP	422	1626	3.9	5.1	4

Receiving	No	Yds	Avg	LG	TD
Tate	64	898	14.0	80t	5
Baldwin	50	778	15.6	52	5
Lynch	36	316	8.8	55	2
Miller	33	387	11.7	60	5
Kearse	22	346	15.7	43t	4
SEA	267	3508	13.1	80t	27
OPP	309	3050	9.9	73t	16

Interceptions	No	Yds	Avg	LG	TD
Sherman	8	125	15.6	58t	1
Thomas	5	9	1.8	11	0
Maxwell	4	6	1.5	6	0
Chancellor	3	78	26.0	32	0
SEA	28	385	13.8	58t	3
OPP	9	21	2.3	10	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	74	3159	42.7	39.2	5	28	69	2
SEA	76	3159	41.6	39.2	5	28	69	2
OPP	82	3779	46.1	38.0	4	22	61	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Tate	51	14	585	11.5	71	0
SEA	52	14	579	11.1	71	0
OPP	21	30	82	3.9	32	0

Kickoff Returns	No	Yds	Avg	LG	TD
Kearse	13	283	21.8	40	0
SEA	33	698	21.2	58	0
OPP	44	1056	24.0	40	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/11	9/9	11/12	3/3
SEA	0/0	10/11	9/9	11/12	3/3
OPP	0/0	9/9	7/7	7/7	3/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	119	71	48	5.0	2	6	0	1
Thomas	100	75	25	0.0	5	8	2	0
Chancellor	93	61	32	0.0	3	6	1	0
Wright	80	46	34	1.5	0	4	0	1
McDaniel	52	23	29	2.0	0	1	0	1
Smith	50	30	20	1.0	2	4	1	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	407	257	3357	63.1	8.25	26	6.4	9	2.2	80t	44/272	101.2
Jackson	13	10	151	76.9	11.62	1	7.7	0	0.0	35t	0/0	140.2
SEA	420	267	3508	63.6	8.35	27	6.4	9	2.1	80t	44/272	102.4
OPP	524	309	3050	59.0	5.82	16	3.1	28	5.3	73t	44/298	63.4

Record (finish): 13-3 (1st, NFC West)

Head Coach: Pete Carroll (38-26, .594)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Off. Asst.), Keith Carter (Quality Control/Offense), Mondray Gee (Asst. Strength & Cond.), John Glenn (Coaching Asst./ST), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Robert Saleh (Quality Control/Defense), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, DE Red Bryant, LB/ST Heath Farwell

Largent Award: FS Earl Thomas

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, C Max Unger, QB Russell Wilson

All-Pro: S Kam Chancellor, CB Richard Sherman, S Earl Thomas

OFFENSE

Pos.		Starts
WR	Golden Tate	13
	Doug Baldwin	10
	Sidney Rice	6
LT	Russell Okung	8
	Paul McQuistan	8
LG	James Carpenter	10
	Paul McQuistan	6
C	Max Unger	13
RG	J.R. Sweezy	15
RT	Breno Giacomini	9
	Michael Bowie*	7
TE	Zach Miller	11
QB	Russell Wilson	16
RB	Marshawn Lynch	16
FB	Michael Robinson	3

DEFENSE

LE	Red Bryant	15
LT	Tony McDaniel	15
RT	Brandon Mebane	16
RE	Chris Clemons	11
OLB	K.J. Wright	13
MLB	Bobby Wagner	14
OLB	Bruce Irvin	12
	Malcolm Smith	8
LCB	Richard Sherman	16
RCB	Brandon Browner	8
	Byron Maxwell	5
SS	Kam Chancellor	16
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2013 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	13	3	0	.813	417	231
San Francisco*	12	4	0	.750	406	272
Arizona	10	6	0	.625	379	324
St. Louis	7	9	0	.438	348	364

2014 REVIEW (12-4; 2-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/4	W	36-16	Green Bay	68,424
9/14	L	30-21	at San Diego	67,916
9/21	W	26-20	Denver (OT)	68,447
9/28			BYE	
10/6	W	27-17	at Washington	79,522
10/12	L	30-23	Dallas	68,432
10/19	L	28-26	at St. Louis	57,855
10/26	W	13-9	at Carolina	74,042
11/2	W	30-24	Oakland	68,337
11/9	W	38-17	N.Y. Giants	68,352
11/16	L	24-20	at Kansas City	76,463
11/23	W	19-3	Arizona	68,327
11/27	W	19-3	at San Francisco	70,799
12/7	W	24-14	at Philadelphia	69,596
12/14	W	17-7	San Francisco	68,526
12/21	W	35-6	at Arizona	63,806
12/28	W	20-6	St. Louis	68,453
POSTSEASON				
1/10	W	31-17	Carolina (NFC Divisional Playoff)	68,524
1/18	W	28-22	Green Bay (OT) (NFC Championship Game)	68,538
2/1	L	28-24	New England (Super Bowl XLIX)	70,288

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	328	277
Rushing	144	70
Passing	160	175
Penalty	24	32
3rd Down: Made/Att.	90/212	75/202
3rd Down Pct.	42.5	37.1
4th Down: Made/Att.	3/11	8/14
4th Down Pct.	27.3	57.1
POSSESSION AVG.	32:11	27:49
TOTAL NET YARDS	6012	4274
Avg. Per Game	375.8	267.1
Total Plays	1021	924
Avg. Per Play	5.9	4.6
NET YARDS RUSHING	2762	1304
Avg. Per Game	172.6	81.5
Total Rushes	525	380
NET YARDS PASSING	3250	2970
Avg. Per Game	203.1	185.6
Sacked/Yards Lost	42/242	37/234
Gross Yards	3492	3204
Att./Completions	454/287	507/313
Completion Pct.	63.2	61.7
Had Intercepted	7	13
PUNTS/AVERAGE	62/43.4	83/43.7
NET PUNTING AVG.	62/38.3	83/39.7
PENALTIES/YARDS	130/1009	70/613
FUMBLES/BALL LOST	23/7	29/11
TOUCHDOWNS	43	27
Rushing	20	8
Passing	20	17
Defensive	3	2
Returns	0	0
FIELD GOALS	31/37	21/24
TOTAL POINTS	394	254

By Quarters	1	2	3	4	OT	Tot
SEA	67	117	82	122	6	394
OPP	57	87	43	67	0	254

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	41/41	31/37	0	134
Lynch	17	13	4	0			0	102
Wilson	6	6	0	0			0	36
Baldwin	3	0	3	0			0	18
Willson	3	0	3	0			0	18
SEA	43	20	20	3	41/41	31/37	1	394
OPP	27	8	17	2	25/25	21/24	1	254

2-Point Conversions: SEA 0-1, OPP 1-2.

Rushing	Att	Yds	Avg	LG	TD
Lynch	280	1306	4.7	79t	13
Wilson	118	849	7.2	55	6
Turbin	74	310	4.2	17	0
Michael	34	175	5.1	45	0
SEA	525	2762	5.3	79t	20
OPP	380	1304	3.4	47	8

Receiving	No	Yds	Avg	LG	TD
Baldwin	66	825	12.5	49	3
Kearse	38	537	14.1	60	1
Lynch	37	367	9.9	39	4
Richardson	29	271	9.3	32	1
Willson	22	362	16.5	80t	3
SEA	287	3492	12.2	80t	20
OPP	313	3204	10.2	60t	17

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	81	20.3	53	0
Irvin	2	84	42.0	49t	2
Maxwell	2	23	11.5	21	0
SEA	13	319	24.5	53	2
OPP	7	138	19.7	73	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	61	2688	44.1	38.3	6	28	66	1
SEA	62	2688	43.4	38.3	6	28	66	1
OPP	83	3630	43.7	39.7	4	26	59	2

Punt Returns	No	FC	Yds	Avg	LG	TD
Walters	27	23	207	7.7	21	0
SEA	36	28	252	7.0	38	0
OPP	17	22	195	11.5	90t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Richardson	16	376	23.5	47	0
SEA	39	820	21.0	47	0
OPP	43	1035	24.1	75	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	10/10	10/10	9/13	2/4
SEA	0/0	10/10	10/10	9/13	2/4
OPP	0/0	8/8	4/4	6/7	3/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	107	74	33	2.0	0	4	3	1
Wagner	104	67	37	2.0	0	3	0	0
Thomas	95	69	26	0	1	6	3	1
Chancellor	76	58	18	0	1	6	1	0
Sherman	57	45	12	0	4	8	1	0
Bennett	39	27	12	7.0	0	0	1	0

Record (finish): 12-4 (1st, NFC West)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	452	285	3475	63.1	7.69	20	4.4	7	1.5	80t	42/242	95.0
SEA	454	287	3492	63.2	7.69	20	4.4	7	1.5	80t	42/242	95.1
OPP	507	313	3204	61.7	6.32	17	3.4	13	2.6	60t	37/234	80.4

Head Coach: Pete Carroll (50-30, .625)

Assistants: Darrell Bevell (Off. Coord.), Dan Quinn (Def. Coord.), Kippy Brown (Wide Receivers), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Asst. QBs/Quality Control-Off.), Chris Carlisle (Head Strength & Cond.), Nate Carroll (Asst. WRs), Mondray Gee (Asst. Strength & Cond.), John Glenn (Quality Control-Def.), Will Harriger (Off. Asst.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Marquand Manuel (Def. Asst.), Chris Morgan (Asst. Off. Line), Chad Morton (Asst. Special Teams), Ken Norton, Jr. (Linebackers), Kris Richard (Defensive Backs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Defensive Passing Game Coord.), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Coaching Asst./ST), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, K/ST Steven Hauschka, P/ST Jon Ryan

Largent Award: S Kam Chancellor

Pro Bowl: S Kam Chancellor, RB Marshawn Lynch, T Russell Okung, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: S Kam Chancellor, RB Marshawn Lynch, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Jermaine Kearse	14
LT	Russell Okung	14
LG	James Carpenter	13
C	Max Unger	6
	Patrick Lewis	4
	Lemuel Jeanpierre	3
	Stephen Schilling	3
RG	J.R. Sweezy	16
RT	Justin Britt*	16
TE	Luke Willson	10
QB	Russell Wilson	16
RB	Marshawn Lynch	14
FB	Will Tukuafu	2

DEFENSE

LE	Michael Bennett	16
LT	Tony McDaniel	15
RT	Brandon Mebane	9
	Kevin Williams	7
RE	Cliff Avril	16
OLB	K.J. Wright	13
MLB	Bobby Wagner	11
	K.J. Wright	3
OLB	Bruce Irvin	13
LCB	Richard Sherman	16
RCB	Byron Maxwell	12
	Tharold Simon	4
SS	Kam Chancellor	14
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2014 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	12	4	0	.750	394	254
Arizona*	11	5	0	.688	310	299
San Francisco	8	8	0	.500	306	340
St. Louis	6	10	0	.375	324	354

2015 REVIEW (10-6; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/13	L	34-31	at St. Louis (OT)	51,792
9/20	L	27-17	at Green Bay	78,433
9/27	W	26- 0	Chicago	69,002
10/5	W	13-10	Detroit	69,005
10/11	L	27-24	at Cincinnati (OT)	65,004
10/18	L	27-23	Carolina	69,020
10/22	W	20- 3	at San Francisco	70,799
11/1	W	13-12	at Dallas	91,486
11/8			BYE	
11/15	L	39-32	Arizona	69,005
11/22	W	29-13	San Francisco	68,993
11/29	W	39-30	Pittsburgh	69,055
12/6	W	38- 7	at Minnesota	52,430
12/13	W	35- 6	at Baltimore	71,179
12/20	W	30-13	Cleveland	69,002
12/27	L	23-17	St. Louis	69,080
1/3	W	36- 6	at Arizona	64,646

POSTSEASON

1/10	W	10-9	at Minnesota (NFC Wild Card Game)	52,090
1/17	L	31-24	at Carolina (NFC Divisional Playoff)	74,287

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	335	273
Rushing	128	71
Passing	190	175
Penalty	17	27
3rd Down: Made/Att	99/213	67/195
3rd Down Pct.	46.5	34.4
4th Down: Made/Att	8/9	1/7
4th Down Pct.	88.9	14.3
POSSESSION AVG.	31:40	28:20
TOTAL NET YARDS	6058	4668
Avg. Per Game	378.6	291.8
Total Plays	1036	947
Avg. Per Play	5.8	4.9
NET YARDS RUSHING	2268	1304
Avg. Per Game	141.8	81.5
Total Rushes	501	362
NET YARDS PASSING	3790	3364
Avg. Per Game	236.9	210.3
Sacked/Yards Lost	46/271	37/255
Gross Yards	4061	3619
Att./Completions	489/333	548/333
Completion Pct.	68.1	60.8
Had Intercepted	8	14
PUNTS/AVERAGE	68/45.7	87/45.0
NET PUNTING AVG.	68/37.9	87/38.9
PENALTIES/YARDS	117/1007	94/795
FUMBLES/BALL LOST	18/8	22/9
TOUCHDOWNS	49	28
Rushing	10	10
Passing	34	14
Defensive	3	3
Returns	2	2
FIELD GOALS	29/31	27/28
TOTAL POINTS	423	277

By Quarters	1	2	3	4	OT	Tot
SEA	77	128	111	107	0	423
OPP	40	91	49	91	6	277

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	40/44	29/31	0	127
Baldwin	14	0	14	0			0	84
Lockett	8	0	6	2			0	48
Kearse	5	0	5	0			0	30
Rawls	5	4	1	0			0	30
Lynch	3	3	0	0			0	20
SEA	49	10	34	5	40/44	29/31	0	423
OPP	28	10	14	4	22/25	27/28	1	277

2-Point Conversions: SEA 1-5, OPP 2-3.

Rushing	Att	Yds	Avg	LG	TD
Rawls	147	830	5.6	69t	4
Wilson	103	553	5.4	24	1
Lynch	111	417	3.8	24	3
Michael LG	54	243	4.5	45	0
SEA	501	2268	4.5	69t	10
OPP	362	1304	3.6	48t	10

Receiving	No	Yds	Avg	LG	TD
Baldwin	78	1069	13.7	80t	14
Lockett	51	664	13.0	49t	6
Kearse	49	685	14.0	50	5
Graham	48	605	12.6	45	2
F. Jackson	32	257	8.0	26	2
SEA	333	4061	12.2	80t	34
OPP	333	3619	10.9	69t	14

Interceptions	No	Yds	Avg	LG	TD
E. Thomas	5	67	13.4	32	0
Lane	2	60	30.0	54	0
Sherman	2	30	15.0	26	0
Chancellor	2	6	3.0	6	0
SEA	14	205	14.6	54	0
OPP	8	50	6.3	24	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	68	3105	45.7	37.9	7	24	73	0
SEA	68	3105	45.7	37.9	7	24	73	0
OPP	87	3918	45.0	38.9	4	25	72	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	40	21	379	9.5	66	1
SEA	42	22	450	10.7	66	1
OPP	29	20	386	13.3	75t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	33	852	25.8	105t	1
SEA	34	868	25.5	105t	1
OPP	42	1073	25.5	101t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	9/9	7/7	7/9	6/6
SEA	0/0	9/9	7/7	7/9	6/6
OPP	1/1	7/7	10/10	7/7	2/3

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wright	116	71	45	1.0	0	3	4	2
Wagner	114	67	47	0.5	0	7	2	3
Chancellor	74	44	30	0	2	4	1	0
Thomas	61	42	19	0	5	9	1	0
Bennett	52	33	19	10.0	0	0	2	0
Sherman	50	33	17	0	2	15	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	483	329	4024	68.1	8.33	34	7.0	8	1.7	80t	45/265	110.1
SEA	489	333	4061	68.1	8.30	34	7.0	8	1.6	80t	46/271	109.8
OPP	548	333	3619	60.8	6.60	14	2.6	14	2.6	69t	37/255	78.1

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Pete Carroll (60-36, .625)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Chris Cash (Asst. Sec./CBs), Andre Curtis (Asst. Sec./Ss), Mondray Gee (Asst. Strength & Cond.), John Glenn (Quality Control/Def.), Will Harriger (Asst. QBs/QC Off.), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Chad Morton (Asst. RBs/Asst. Special Teams), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams), Rocky Seto (Asst. HC/Defense), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Asst. ST), Lofa Tatupu (Asst. LBs), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, P/ST Jon Ryan

Largent Award: CB Richard Sherman

Pro Bowl: DE Michael Bennett, S Kam Chancellor, RS Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: RS Tyler Lockett, CB Richard Sherman, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Jermaine Kearse	16
	Tyler Lockett*	8
LT	Russell Okung	13
LG	Justin Britt	16
C	Patrick Lewis	9
	Drew Nowak	7
RG	J.R. Sweezy	15
RT	Garry Gilliam	16
TE	Jimmy Graham	11
	Luke Willson	7
QB	Russell Wilson	16
RB	Thomas Rawls*	7
	Marshawn Lynch	6
FB	Derrick Coleman	3

DEFENSE

LE	Michael Bennett	16
LT	Ahtyba Rubin	16
RT	Brandon Mebane	15
RE	Cliff Avril	16
OLB	K.J. Wright	16
MLB	Bobby Wagner	15
OLB	Bruce Irvin	12
LCB	Richard Sherman	16
RCB	Cary Williams	10
	DeShawn Shead	6
SS	Kam Chancellor	11
	Kelcie McCray	3
FS	Earl Thomas	16

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Clint Gresham	16

*Rookie or first-year player

2015 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Arizona	13	3	0	.813	489	313
Seattle*	10	6	0	.625	423	277
St. Louis	7	9	0	.438	280	330
San Francisco	5	11	0	.313	238	387

2016 REVIEW (10-5-1; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/11	W	12-10	Miami	69,012
9/18	L	9-3	at L.A. Rams	91,046
9/25	W	37-18	San Francisco	69,010
10/2	W	27-17	at New York Jets	78,160
10/9			BYE	
10/16	W	26-24	Atlanta	69,071
10/23	T	6-6	at Arizona (OT)	65,089
10/30	L	25-20	at New Orleans	73,188
11/7	W	31-25	Buffalo	69,084
11/13	W	31-24	at New England	66,829
11/2	W	26-15	Philadelphia	69,190
11/27	L	14-5	at Tampa Bay	63,674
12/4	W	40- 7	Carolina	69,104
12/11	L	38-10	at Green Bay	78,057
12/15	W	24- 3	L.A. Rams	69,067
12/24	L	34-31	Arizona	69,050
1/1	W	25-23	at San Francisco	70,178
POSTSEASON				
1/7	W	26-6	Detroit (NFC Wild Card Game)	68,788
1/14	L	36-20	at Atlanta (NFC Divisional Playoff)	71,155

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	313	307
Rushing	85	94
Passing	203	180
Penalty	25	33
3rd Down: Made/Att	79/207	82/212
3rd Down Pct.	38.2	38.7
4th Down: Made/Att	4/11	6/20
4th Down Pct.	36.4	30.0
POSSESSION AVG.	29:36	30:24
TOTAL NET YARDS	5715	5099
Avg. Per Game	357.2	318.7
Total Plays	1012	1020
Avg. Per Play	5.6	5.0
NET YARDS RUSHING	1591	1487
Avg. Per Game	99.4	92.9
Total Rushes	403	441
NET YARDS PASSING	4124	3612
Avg. Per Game	257.8	225.8
Sacked/Yards Lost	42/298	42/272
Gross Yards	4422	3884
Att./Completions	567/368	537/331
Completion Pct.	64.9	61.6
Had Intercepted	12	11
PUNTS/AVERAGE	72/43.4	79/43.0
NET PUNTING AVG.	72/39.3	79/38.4
PENALTIES/YARDS	117/970	103/925
FUMBLES/BALL LOST	22/6	19/8
TOUCHDOWNS	37	33
Rushing	13	16
Passing	23	16
Defensive	1	0
Returns	0	1
FIELD GOALS	33/37	19/27
TOTAL POINTS	354	292

By Quarters	1	2	3	4	OT	Tot
SEA	66	138	46	101	3	354
OPP	62	90	40	97	3	292

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Hauschka	0	0	0	0	29/35	33/37	0	128
Baldwin	7	0	7	0			0	42
Michael TM	7	6	1	0			0	42
Graham	6	0	6	0			0	36
Rawls	3	3	0	0			0	18
Lockett	2	1	1	0			0	12
SEA	37	13	23	1	29/35	33/37	1	354
OPP	33	16	16	1	29/29	19/27	1	292

2-Point Conversions: SEA 1-2, OPP 3-4.

Rushing	Att	Yds	Avg	LG	TD
Michael TM	117	469	4.0	41t	6
Rawls	109	349	3.2	45t	3
Wilson	72	259	3.6	18	1
SEA	403	1591	3.9	75t	13
OPP	441	1487	3.4	34	16

Receiving	No	Yds	Avg	LG	TD
Baldwin	94	1128	12.0	59	7
Graham	65	923	14.2	42	6
Lockett	41	597	14.6	57t	1
Kearse	41	510	12.4	36	1
Richardson	21	288	13.7	39	1
SEA	368	4422	12.0	59	23
OPP	331	3884	11.7	80t	16

Interceptions	No	Yds	Avg	LG	TD
Sherman	4	37	9.3	31	0
Chancellor	2	5	2.5	5	0
Thomas	2	5	2.5	5	0
SEA	11	72	6.5	31	0
OPP	12	153	12.8	32	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	71	3126	44.0	39.3	3	26	64	1
SEA	72	3126	43.4	39.3	3	26	64	1
OPP	79	3400	43.0	38.4	6	34	66	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	29	22	243	8.4	62	0
Hester LG	25	15	180	7.2	28	0
SEA	30	28	249	8.3	62	0
OPP	28	22	236	8.4	29	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	23	606	26.3	46	0
SEA	35	808	23.1	46	0
OPP	32	654	20.4	45	0

Field Goals	1-19	20-29	30-39	40-49	50+
Hauschka	0/0	11/13	13/13	8/10	1/1
SEA	0/0	11/13	13/13	8/10	1/1
OPP	0/0	4/6	7/8	7/8	1/5

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	167	85	82	4.5	1	3	0	1
Wright	126	72	54	4.0	0	5	1	1
Chancellor	81	47	34	0	2	8	1	0
Shead	80	56	24	0	1	14	1	0
Sherman	58	38	20	0	4	13	0	1
Clark	47	25	22	10.0	0	1	2	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	546	353	4219	64.7	7.73	21	3.8	11	2.0	59	41/ 293	92.6
Boykin	18	13	145	72.2	8.06	1	5.6	1	5.6	31	1/5	91.2
SEA	567	368	4422	64.9	7.80	23	4.1	12	2.1	59	42/298	93.4
OPP	537	331	3884	61.6	7.23	16	3.0	11	2.0	80t	42/272	85.0

Record (finish): 10-5-1 (1st, NFC West)

Head Coach: Pete Carroll (70-41-1, .629)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Andre Curtis (DBs), Heath Farwell (Coaching Asst.), Mondray Gee (Asst. Strength & Cond.), John Glenn (Defensive Asst.), Will Harriger (Asst. QBs), Travis Jones (Def. Line), Pat McPherson (Tight Ends), Ricky Manning, Jr. (Asst. DBs), Chad Morton (Asst. RBs/Asst. Special Teams), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Rocky Seto (Asst. HC/Defense), Carl Smith (Quarterbacks), Sherman Smith (Running Backs), Nick Sorensen (Asst. DBs/Asst. STs), Lofa Tatupu (Asst. LBs), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, P/ST Jon Ryan, CB/ST DeShawn Shead

Largent Award: S Kam Chancellor

Pro Bowl: DE Cliff Avril, WR Doug Baldwin, DE Michael Bennett, TE Jimmy Graham, CB Richard Sherman, LB Bobby Wagner, LB K.J. Wright

All-Pro: KOR Tyler Lockett, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	15
	Jermaine Kearse	15
	Tyler Lockett	9
LT	George Fant*	10
	Bradley Sowell	6
LG	Mark Glowinski	16
C	Justin Britt	15
RG	Germain Ifedi*	13
RT	Garry Gilliam	13
TE	Jimmy Graham	15
QB	Russell Wilson	16
RB	Thomas Rawls	7
	Christine Michael	7
FB	Will Tukuafu	1

DEFENSE

LE	Michael Bennett	11
	Frank Clark	5
LT	Ahtyba Rubin	16
RT	Tony McDaniel	10
	Jarran Reed*	6
RE	Cliff Avril	16
OLB	K.J. Wright	16
MLB	Bobby Wagner	16
OLB	M. Morgan/B. Coyle	3 each
LCB	Richard Sherman	16
RCB	DeShawn Shead	15
SS	Kam Chancellor	12
FS	Earl Thomas	11
	Steven Terrell	5

SPECIAL TEAMS

P	Jon Ryan	16
K	Steven Hauschka	16
LS	Nolan Frese*	16

*Rookie or first-year player

2016 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	10	5	1	.656	354	292
Arizona	7	8	1	.469	418	362
L.A. Rams	4	12	0	.250	224	394
San Francisco	2	14	0	.125	309	480

2017 REVIEW (9-7)

Date	W/L	Score	Opponents	Att
9/10	L	17-9	at Green Bay	78,381
9/17	W	12- 9	San Francisco	68,729
9/24	L	33-27	at Tennessee	69,127
10/1	W	46-18	Indianapolis	68,872
10/8	W	16-10	at L.A. Rams	60,745
10/15			BYE	
10/22	W	24- 7	at N.Y. Giants	78,527
10/29	W	41-38	Houston	69,025
11/5	L	17-14	Washington	68,927
11/9	W	22-16	at Arizona	64,639
11/20	L	34-31	Atlanta	69,026
11/26	W	24-13	at San Francisco	70,134
12/3	W	24-10	Philadelphia	69,075
12/10	L	30-24	at Jacksonville	64,431
12/17	L	42-7	L.A. Rams	69,077
12/24	W	21-12	at Dallas	92,150
12/31	L	26-24	Arizona	69,078

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	299	316
Rushing	85	90
Passing	183	181
Penalty	31	45
3rd Down: Made/Att	79/212	85/222
3rd Down Pct.	37.3	38.3
4th Down: Made/Att	5/9	7/15
4th Down Pct.	55.6	46.7
POSSESSION AVG.	29:19	30:41
TOTAL NET YARDS	5286	5171
Avg. Per Game	330.4	323.2
Total Plays	1007	1045
Avg. Per Play	5.2	4.9
NET YARDS RUSHING	1629	1824
Avg. Per Game	101.8	114.0
Total Rushes	409	452
NET YARDS PASSING	3657	3347
Avg. Per Game	228.6	209.2
Sacked/Yards Lost	43/322	39/269
Gross Yards	3979	3616
Att./Completions	555/340	554/325
Completion Pct.	61.3	58.7
Had Intercepted	12	14
PUNTS/AVERAGE	92/45.0	85/44.5
NET PUNTING AVG.	92/38.8	85/40.7
PENALTIES/YARDS	148/1342	102/878
FUMBLES/BALL LOST	18/5	22/11
TOUCHDOWNS	43	34
Rushing	4	14
Passing	34	19
Returns	5	1
FIELD GOALS	21/29	31/35
TOTAL POINTS	366	332

By Quarters	1	2	3	4	OT	Tot
SEA	56	69	99	142	0	366
OPP	56	122	90	64	0	332

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Walsh	0	0	0	0	37/38	21/29	0	100
Graham	10	0	10	0			0	62
Baldwin	8	0	8	0			0	50
Richardson	6	0	6	0			0	36
Willson	4	0	4	0			0	24
Lockett	3	0	2	1			0	18
TEAM	43	4	34	5	37/38	21/29	2	366
OPP	34	14	19	1	31/33	31/35	2	332

2-Point Conversions: SEA 2-5, OPP 0-1.

Rushing	Att	Yds	Avg	LG	TD
Wilson	95	586	6.2	31	3
M. Davis	68	240	3.5	33	0
Carson	49	208	4.2	30	0
TEAM	409	1629	4.0	33	4
OPP	452	1824	4.0	75t	14

Receiving	No	Yds	Avg	LG	TD
Baldwin	75	991	13.2	54	8
Graham	57	520	9.1	33	10
Lockett	45	555	12.3	74t	2
P. Richardson	44	703	16.0	61t	6
McKissic	34	266	7.8	27t	2
TEAM	340	3979	11.7	74t	34
OPP	325	3616	11.1	75t	19

Interceptions	No	Yds	Avg	LG	TD
Thomas	2	97	48.5	78t	1
J. Coleman	2	58	29.0	30t	2
Sherman	2	20	10.0	19	0
Wagner	2	7	3.5	7	0
TEAM	14	212	15.1	78t	3
OPP	12	145	12.1	69	0

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Ryan	92	4141	45.0	38.8	6	29	74	0
TEAM	92	4141	45.0	38.8	6	29	74	0
OPP	85	3779	44.5	40.7	4	27	66	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	36	21	237	6.6	27	0
TEAM	36	21	237	6.6	27	0
OPP	45	19	452	10.0	72	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	37	949	25.6	99t	1
TEAM	43	1004	23.3	99t	1
OPP	39	790	20.3	55	0

Field Goals	1-19	20-29	30-39	40-49	50+
Walsh	0/0	6/6	7/10	8/12	0/1
TEAM	0/0	6/6	7/10	8/12	0/1
OPP	1/1	3/3	13/15	10/12	4/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	133	97	36	1.5	2	6	0	1
Wright	108	71	37	0	1	6	0	1
Thomas	88	56	32	0	2	7	1	0
McDougald	67	45	22	0	0	4	0	0
Griffin	58	50	8	1.0	1	15	0	0

Record (finish): 9-7 (2nd, NFC West)

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	553	339	3983	61.3	7.20	34	6.1	11	2.0	74t	43/322	95.4
TEAM	555	340	3979	61.3	7.17	34	6.1	12	2.2	74t	43/322	94.4
OPP	554	325	3616	58.7	6.53	19	3.4	14	2.5	75t	39/269	79.1

Head Coach: Pete Carroll (79-48-1, .629)

Assistants: Darrell Bevell (Off. Coord.), Kris Richard (Def. Coord.), Michael Barrow (Asst. Head Coach/Def./LBs), Dwaine Board (Asst. DL), Tom Cable (Asst. Head Coach/Off. Line), Dave Canales (Wide Receivers), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (Asst. WRs), Andre Curtis (DBs), Tom Donatell (QC/Def.), Heath Farwell (Asst. Special Teams), Mondray Gee (Asst. Strength & Cond.), John Glenn (Asst. LBs), Will Harriger (Asst. QBs), Clint Hurtt (DL), Lemuel Jeanpierre (Offensive Asst.), Travis Jones (Sr. Def. Asst.), Pat McPherson (Tight Ends), Ricky Manning, Jr. (Asst. DBs), Chad Morton (RBs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Carl Smith (Quarterbacks), Nick Sorensen (Secondary), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, S Kam Chancellor, LB Bobby Wagner, P/ST Jon Ryan

Largent Award: LB Bobby Wagner

Pro Bowl: WR Doug Baldwin, DE Michael Bennett, T Duane Brown, TE Jimmy Graham, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson

All-Pro: KR Tyler Lockett, S Earl Thomas, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	16
	Paul Richardson	13
	Tyler Lockett	7
LT	Duane Brown	9
	Rees Odhiambo	7
LG	Luke Joeckel	11
	Ethan Pocic*	5
C	Justin Britt	16
RG	Oday Aboushi	8
	Ethan Pocic*	6
RT	Germain Ifedi	16
TE	Jimmy Graham	13
QB	Russell Wilson	16
RB	Mike Davis	6
	Chris Carson*	3

DEFENSE

LE	Michael Bennett	16
LT	Jarran Reed	15
RT	Sheldon Richardson	15
RE	Frank Clark	12
	Cliff Avril	4
OLB	K.J. Wright	15
MLB	Bobby Wagner	16
OLB	Michael Wilhoite	9
LCB	Richard Sherman	9
	Byron Maxwell	5
RCB	Shaquill Griffin*	11
SS	Kam Chancellor	9
	Bradley McDougald	7
FS	Earl Thomas	14

SPECIAL TEAMS

P	Jon Ryan	16
K	Blair Walsh	16
LS	Tyler Ott	16

*Rookie or first-year player

2017 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	11	5	0	.688	478	329
Seattle	9	7	0	.563	366	332
Arizona	8	8	0	.500	295	361
San Francisco	6	10	0	.375	331	383

2018 REVIEW (10-6; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/9	L	27-24	at Denver	76,761
9/17	L	24-7	at Chicago	57,960
9/23	W	24-13	Dallas	69,047
9/30	W	20-17	at Arizona	61,845
10/7	L	33-31	L.A. Rams	68,893
10/14	W	27- 3	at Oakland	84,922
10/21			BYE	
10/28	W	28-14	at Detroit	65,237
11/4	L	25-17	L.A. Chargers	68,989
11/11	L	36-31	at L.A. Rams	72,755
11/15	W	27-24	Green Bay	69,007
11/25	W	30-27	at Carolina	74,002
12/2	W	43-16	San Francisco	69,009
12/10	W	21- 7	Minnesota	69,007
12/16	L	26-23	at San Francisco (OT)	68,836
12/23	W	38-31	Kansas City	69,067
12/30	W	27-24	Arizona	68,990

POSTSEASON

1/5	L	24-22	at Dallas (NFC Wild Card Game)	94,327

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	329	323
Rushing	133	91
Passing	156	201
Penalty	40	31
3rd Down: Made/Att	81/208	64/183
3rd Down Pct.	38.9	35.0
4th Down: Made/Att	11/14	6/13
4th Down Pct.	78.6	46.2
POSSESSION AVG.	31:15	28:45
TOTAL NET YARDS	5653	5653
Avg. Per Game	353.3	353.3
Total Plays	1012	955
Avg. Per Play	5.6	5.9
NET YARDS RUSHING	2560	1811
Avg. Per Game	160.0	113.2
Total Rushes	534	366
NET YARDS PASSING	3093	3842
Avg. Per Game	193.3	240.1
Sacked/Yards Lost	51/355	43/261
Gross Yards	3448	4103
Att./Completions	427/280	546/355
Completion Pct.	65.6	65.0
Had Intercepted	7	12
PUNTS/AVERAGE	79/47.6	66/44.9
NET PUNTING AVG.	79/42.5	66/41.5
PENALTIES/YARDS	111/959	108/981
FUMBLES/BALL LOST	18/4	26/14
TOUCHDOWNS	52	39
Rushing	15	9
Passing	35	26
Returns	2	4

By Quarters	1	2	3	4	OT	Tot
SEA	78	129	72	149	0	428
OPP	71	106	48	119	3	347

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Janikowski	0	0	0	0	48/51	22/27	0	114
Lockett	10	0	10	0			0	62
Carson	9	9	0	0			0	54
Baldwin	5	0	5	0			0	30
J. Brown	5	0	5	0			0	30
TEAM	52	15	35	2	48/51	22/27	0	428
OPP	39	9	26	4	31/34	26/33	0	347

2-Point Conversions: SEA 1-1, OPP 2-5.

Rushing	Att	Yds	Avg	LG	TD
Carson	247	1151	4.7	61	9
M. Davis	112	514	4.6	37	4
Penny	85	419	4.9	38	2
Wilson	67	376	5.6	40	0
TEAM	534	2560	4.8	61	15
OPP	366	1811	4.9	59	9

Receiving	No	Yds	Avg	LG	TD
Lockett	57	965	16.9	52t	10
Baldwin	50	618	12.4	42	5
M. Davis	34	214	6.3	18	1
Vannett	29	269	9.3	32	3
Moore	26	445	17.1	54	5
Carson	20	163	8.2	27	0
TEAM	280	3448	12.3	66	35
OPP	355	4103	11.6	75t	26

Interceptions	No	Yds	Avg	LG	TD
McDougald	3	39	13.0	39	0
E. Thomas	3	25	8.3	25	0
Shaqui. Griffin	2	8	4.0	8	0
TEAM	12	196	16.3	98t	1
OPP	7	135	19.3	49t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
M. Dickson	78	3759	48.2	42.5	5	28	69	1
TEAM	79	3759	47.6	42.5	5	28	69	1
OPP	66	2961	44.9	41.5	4	23	67	0

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	25	20	143	5.7	19	0
TEAM	25	20	143	5.7	19	0
OPP	36	10	304	8.4	45	0

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	19	493	25.9	84	0
TEAM	29	669	23.1	84	0
OPP	37	919	24.8	97t	1

Field Goals	1-19	20-29	30-39	40-49	50+
Janikowski	0/0	2/2	9/11	8/9	3/5
TEAM	0/0	2/2	9/11	8/9	3/5
OPP	1/1	7/7	9/9	3/8	6/8

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	138	84	54	1.0	1	11	2	1
McDougald	78	66	12	0	3	9	3	1
Flowers	67	55	12	0	0	6	3	1
Griffin, Shaqui.	62	55	7	0	2	8	0	0
Thompson	52	38	14	0	1	3	0	0
Reed, J.	50	34	6	10.5	0	0	0	2

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	427	280	3448	65.6	8.07	35	8.2	7	1.6	66	51/355	110.9
TEAM	427	280	3448	65.6	8.07	35	8.2	7	1.6	66	51/355	110.9
OPP	546	355	4103	65.0	7.51	26	4.8	12	2.2	75t	43/261	94.3

Record (finish): 10-6 (2nd, NFC West)

Head Coach: Pete Carroll (89-54-1, .622)

Assistants: Brian Schottenheimer (Off. Coord.), Ken Norton Jr. (Def. Coord.), Dave Canales (Quarterbacks), Chris Carlisle (Head Strength & Cond.), Brennan Carroll (Asst. OL), Nate Carroll (WRs), Andre Curtis (Passing Game Coord.), Tom Donatell (QC/Def.), Jethro Franklin (Asst. DL), Mondray Gee (Asst. Strength & Cond.), John Glenn (LBs), Will Harriger (Asst. QBs), Clint Hurtt (Asst. Head Coach/Defense), Larry Izzo (Asst. Special Teams), Pat McPherson (Tight Ends), Chad Morton (RBs), Pat Ruel (Asst. Offensive Line), Brian Schneider (Special Teams Coord.), Steve Shimko (Offensive Asst.), Carl Smith (Associate Head Coach), Mike Solari (Offensive Line), Nick Sorensen (Secondary), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, K/ST Sebastian Janikowski, CB/ST Neiko Thorpe

Largent Award: QB Russell Wilson

Pro Bowl: P Michael Dickson, LB Bobby Wagner, QB Russell Wilson

All-Pro: T Duane Brown, P Michael Dickson, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Doug Baldwin	13
	Tyler Lockett	13
LT	Duane Brown	16
LG	J.R. Sweezy	13
C	Justin Britt	15
RG	D.J. Fluker	9
	Jordan Simmons*	3
RT	Germain Ifedi	14
TE	Nick Vannett	9
QB	Russell Wilson	16
RB	Chris Carson	14

DEFENSE

LE	Quinton Jefferson	12
LT	Jarran Reed	16
RT	Shamar Stephen	14
RE	Frank Clark	16
OLB	Barkevious Mingo	14
MLB	Bobby Wagner	15
OLB	Austin Calitro	4
	Mychal Kendricks	3
LCB	Shaquill Griffin	16
RCB	Tre Flowers*	15
SS	Bradley McDougald	14
FS	Tedric Thompson	10
	Earl Thomas	4

SPECIAL TEAMS

P	Michael Dickson*	16
K	Sebastian Janikowski	16
LS	Tyler Ott	16

*Rookie or first-year player

2018 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
L.A. Rams	13	3	0	.813	527	384
Seattle*	10	6	0	.625	428	347
San Francisco	4	12	0	.250	342	435
Arizona	3	13	0	.188	225	425

2019 REVIEW (11-5; 1-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/8	W	21-20	Cincinnati	68,710
9/15	W	28-26	at Pittsburgh	65,063
9/22	L	33-27	New Orleans	69,005
9/29	W	27-10	at Arizona	60,500
10/3	W	30-29	L.A. Rams	68,988
10/13	W	32-28	at Clevelan	67,431
10/20	L	30-16	Baltimore	69,012
10/27	W	27-20	at Atlanta	71,483
11/3	W	40-34	Tampa Bay (OT)	68,948
11/11	W	27-24	at San Francisco (OT)	71,404
11/24	W	17- 9	at Philadelphia	69,796
12/2	W	37-30	Minnesota	69,080
12/8	L	28-12	at L.A. Rams	71,501
12/15	W	30-24	at Carolina	72,544
12/22	L	27-13	Arizona	69,022
12/29	L	26-21	San Francisco	69,162

POSTSEASON

1/5	W	17-9	at Philadelphia (NFC Wild Card Game)	69,796
1/12	L	28-23	at Green Bay (NFC Divisional Playoff)	78,998

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	341	346
Rushing	121	97
Passing	190	224
Penalty	30	25
3rd Down: Made/Att	79/200	71/185
3rd Down Pct.	39.5	38.4
4th Down: Made/Att	7/14	7/12
4th Down Pct.	50.0	58.3
POSSESSION AVG.	30:59	29:01
TOTAL NET YARDS	5991	6106
Avg. Per Game	374.4	381.6
Total Plays	1046	1014
Avg. Per Play	5.7	6.0
NET YARDS RUSHING	2200	1883
Avg. Per Game	137.5	117.7
Total Rushes	481	388
NET YARDS PASSING	3791	4223
Avg. Per Game	236.9	263.9
Sacked/Yards Lost	48/319	28/184
Gross Yards	4110	4407
Att./Completions	517/341	598/383
Completion Pct.	66.0	64.0
Had Intercepted	6	16
PUNTS/AVERAGE	74/45.1	59/45.1
NET PUNTING AVG.	74/40.9	59/42.0
PENALTIES/YARDS	109/882	96/798
FUMBLES/BALL LOST	26/14	25/16
TOUCHDOWNS	49	47
Rushing	15	22
Passing	31	19
Returns	3	6

By Quarters	1	2	3	4	OT	Tot
SEA	77	110	83	126	9	405
OPP	91	114	56	137	0	398

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	40/44	23/28	0	109
Carson	9	7	2	0			0	54
Lockett	8	0	8	0			0	48
Metcalf	7	0	7	0			0	44
Dissly	4	0	4	0			0	24
Penny	4	3	1	0			0	24
TEAM	49	15	31	3	40/44	23/28	0	405
OPP	47	22	19	6	35/38	25/35	0	398

2-Point Conversions: SEA 1-3, OPP 3-9.

Rushing	Att	Yds	Avg	LG	TD
Carson	278	1230	4.4	59	7
Penny	65	370	5.7	58t	3
Wilson	75	342	4.6	21	3
Homer	18	114	6.3	29	0
TEAM	481	2200	4.6	59	15
OPP	388	1883	4.9	80t	22

Receiving	No	Yds	Avg	LG	TD
Lockett	82	1057	12.9	44t	8
Metcalf	58	900	15.5	54	7
Hollister	41	349	8.5	22	3
Carson	37	266	7.2	21	2
Dissly	23	262	11.4	38	4
Moore	17	301	17.7	60t	2
TEAM	341	4110	12.1	60t	31
OPP	383	4407	11.5	58t	19

Interceptions	No	Yds	Avg	LG	TD
Diggs	3	99	33.0	55t	1
K. Wright	3	10	3.3	11	0
Flowers	3	0	0.0	0	0
TEAM	16	161	10.1	55t	2
OPP	6	149	24.8	67t	2

Punting	No	Yds	Avg	Net	TB	I20	LG	B
M. Dickson	74	3341	45.1	40.9	5	34	63	0
TEAM	74	3341	45.1	40.9	5	34	63	0
OPP	59	2661	45.1	42.0	2	18	65	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Lockett	13	10	66	5.1	20	0
Moore	10	10	75	7.5	18	0
TEAM	23	20	141	6.1	20	0
OPP	34	18	213	6.3	53t	1

Kickoff Returns	No	Yds	Avg	LG	TD
Lockett	14	279	19.9	33	0
TEAM	22	432	19.6	33	0
OPP	24	532	22.2	74	0

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	6/6	11/11	4/7	2/4
TEAM	0/0	6/6	11/11	4/7	2/4
OPP	0/0	6/6	8/9	10/16	1/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	159	86	73	3.0	1	6	1	1
Wright	132	67	65	0	3	11	0	0
Flowers	82	65	17	2.0	3	8	1	1
Kendricks	71	47	24	3.0	1	4	1	0
McDougald	70	52	18	0.5	2	6	1	1

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	516	341	4110	66.1	7.97	31	6.0	5	1.0	60t	48/319	106.3
Gordon	1	0	0	0.0	0.00	0	0.0	1	100.0	---	0/0	0.0
TEAM	517	341	4110	66.0	7.95	31	6.0	6	1.2	60t	48/319	105.3
OPP	598	383	4407	64.0	7.37	19	3.2	16	2.7	58t	28/184	85.6

Record (finish): 11-5 (2nd, NFC West)

Head Coach: Pete Carroll (100-59-1, .628)

Assistants: Brian Schottenheimer (Off. Coord.), Ken Norton, Jr. (Def. Coord.), Dave Canales (Quarterbacks), Brennan Carroll (Off. Scheme Specialist/Asst. OL), Nate Carroll (WRs), Aaron Curry (Coaching Asst.), Andre Curtis (Def. Passing Game Coord.), Austin Davis (Off. Asst.), Tom Donatell (QC/Def.), Jethro Franklin (Asst. DL), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach/Defense), Brad Idzik (Asst. WRs), Larry Izzo (Asst. Special Teams), Ivan Lewis (Head Strength & Cond.), Pat McPherson (TEs), Chad Morton (RBs), Mark Philipp (Strength & Cond. Asst.), Pat Ruel (Asst. OL), Brian Schneider (Special Teams Coord.), Steve Shimko (Asst. QBs), Mike Solari (Offensive Line), Nick Sorensen (Secondary), Grant Steen (Strength & Cond. Asst.), Danny van Dijk (Strength & Cond. Asst.), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, CB/ST Neiko Thorpe

Largent Award: QB Russell Wilson

Pro Bowl: CB Shaquill Griffin, LB Bobby Wagner, QB Russell Wilson

All-Pro: LB Bobby Wagner, QB Russell Wilson

OFFENSE

Pos.		Starts
WR	Tyler Lockett	16
	DK Metcalf*	15
LT	Duane Brown	12
	George Fant	3
LG	Mike Iupati	15
C	Justin Britt	8
	Joey Hunt	8
RG	D.J. Fluker	14
RT	Germain Ifedi	16
TE	Luke Willson	7
	Will Dissly	6
QB	Russell Wilson	16
RB	Chris Carson	15

DEFENSE

DE	Jadeveon Clowney	11
	Rasheem Green	8
DT	Jarran Reed	10
NT	Poona Ford	14
DE	Quinton Jefferson	9
OLB	K.J. Wright	16
MLB	Bobby Wagner	16
OLB	Mychal Kendricks	14
LCB	Shaquill Griffin	14
RCB	Tre Flowers	15
SS	Bradley McDougald	14
FS	Tedric Thompson	6
	Quandre Diggs	5
	Lano Hill	4

SPECIAL TEAMS

P	Michael Dickson	16
K	Jason Myers	16
LS	Tyler Ott	16

*Rookie or first-year player

2019 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
San Francisco	13	3	0	.813	479	310
Seattle*	11	5	0	.688	405	398
L.A. Rams	9	7	0	.563	394	364
Arizona	5	10	1	.344	361	442

2020 REVIEW (12-4; 0-1 PLAYOFFS)

Date	W/L	Score	Opponents	Att
9/13	W	38-25	at Atlanta	0
9/20	W	35-30	New England	0
9/27	W	38-31	Dallas	0
10/4	W	31-23	at Miami	12,369
10/11	W	27-26	Minnesota	0
10/25	L	37-34	at Arizona (OT)	1,200
11/1	W	37-27	San Francisco	0
11/8	L	44-34	at Buffalo	0
11/15	L	23-16	at L.A. Rams	0
11/19	W	28-21	Arizona	0
11/30	W	23-17	at Philadelphia	0
12/6	L	17-12	N.Y. Giants	0
12/13	W	40- 3	N.Y. Jets	0
12/20	W	20-15	at Washington	0
12/27	W	20- 9	L.A. Rams	0
1/3	W	26-23	at San Francisco	0

POSTSEASON

1/9	L	30-20	L.A. Rams (NFC Wild Card Game)	0

Team Statistics	Sea	Opp
TOTAL FIRST DOWNS	356	376
Rushing	111	97
Passing	216	253
Penalty	29	26
3rd Down: Made/Att	76/189	105/223
3rd Down Pct.	40.2	47.1
4th Down: Made/Att	8/14	10/23
4th Down Pct.	57.1	43.5
POSSESSION AVG.	29:49	30:11
TOTAL NET YARDS	5912	6089
Avg. Per Game	369.5	380.6
Total Plays	1022	1112
Avg. Per Play	5.8	5.5
NET YARDS RUSHING	1971	1529
Avg. Per Game	123.2	95.6
Total Rushes	411	392
NET YARDS PASSING	3941	4560
Avg. Per Game	246.3	285.0
Sacked/Yards Lost	48/304	46/251
Gross Yards	4245	4811
Att./Completions	563/388	674/450
Completion Pct.	68.9	66.8
Had Intercepted	13	14
PUNTS/AVERAGE	61/49.6	56/45.1
NET PUNTING AVG.	61/44.4	56/40.6
PENALTIES/YARDS	84/662	94/803
FUMBLES/BALL LOST	14/5	18/8
TOUCHDOWNS	55	42
Rushing	15	18
Passing	40	23
Returns	0	1

By Quarters	1	2	3	4	OT	Tot
SEA	86	128	118	127	0	459
OPP	66	90	65	147	3	371

Scoring	TD	Ru	Pa	Rt	PAT	FG	S	Pts
Myers	0	0	0	0	49/53	24/24	0	121
Lockett	10	0	10	0			0	60
Metcalf	10	0	10	0			0	60
Carson	9	5	4	0			0	54
Dav. Moore	6	0	6	0			0	36
Hyde	4	4	0	0			0	24
TEAM	55	15	40	0	49/53	24/24	3	459
OPP	42	18	23	1	26/33	29/35	0	371

2-Point Conversions: SEA 1-2, OPP 3-9.

Rushing	Att	Yds	Avg	LG	TD
Carson	141	681	4.8	29t	5
Wilson	83	513	6.2	38	2
Hyde	81	356	4.4	50t	4
Dallas	34	108	3.2	13	2
TEAM	411	1971	4.8	50t	15
OPP	392	1529	3.9	60	18

Receiving	No	Yds	Avg	LG	TD
Lockett	100	1054	10.5	47t	10
Metcalf	83	1303	15.7	62	10
Carson	37	287	7.8	29	4
Dav. Moore	35	417	11.9	57	6
Hollister	25	209	8.4	20	3
Dissly	24	251	10.5	28	2
TEAM	388	4245	10.9	62	40
OPP	450	4811	10.7	52	23

Interceptions	No	Yds	Avg	LG	TD
Diggs	5	57	11.4	32	0
Shaqui. Griffin	3	20	6.7	16	0
D. Reed	2	21	10.5	20	0
TEAM	14	106	7.6	32	0
OPP	13	199	15.3	90	1

Punting	No	Yds	Avg	Net	TB	I20	LG	B
Dickson	61	3028	49.6	44.4	6	32	67	0
TEAM	61	3028	49.6	44.4	6	32	67	0
OPP	56	2524	45.1	40.6	3	12	63	1

Punt Returns	No	FC	Yds	Avg	LG	TD
Dav. Moore	12	14	111	9.3	20	0
D. Reed	10	8	78	7.8	15	0
TEAM	22	22	189	8.6	20	0
OPP	28	13	199	7.1	21	0

Kickoff Returns	No	Yds	Avg	LG	TD
Homer	12	291	24.3	44	0
TEAM	28	629	22.5	49	0
OPP	38	815	21.4	66	0

Field Goals	1-19	20-29	30-39	40-49	50+
Myers	0/0	2/2	7/7	13/13	2/2
TEAM	0/0	2/2	7/7	13/13	2/2
OPP	0/0	5/5	4/5	18/21	2/4

DEFENSIVE STATISTICS

Player	T	S	A	QB	Int	PD	FF	FR
Wagner	138	81	57	3.0	0	8	0	1
Wright	86	60	26	2.0	1	10	1	2
Adams	83	59	24	9.5	0	3	1	0
Diggs	64	42	22	0	5	10	0	0
Griffin, Shaqui.	63	53	10	0	3	12	0	0

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	LG	Sacked	Rating
Wilson	558	384	4212	68.8	7.55	40	7.2	13	2.3	62	47/301	105.1
G. Smith	5	4	33	80.0	6.60	0	0.0	0	0.0	14	1/3	94.2
TEAM	563	388	4245	68.9	7.54	40	7.1	13	2.3	62	48/304	105.0
OPPONENTS	674	450	4811	66.8	7.14	23	3.4	14	2.1	52	46/251	90.2

Record (finish): 12-4 (1st, NFC West)

Head Coach: Pete Carroll (112-63-1, .639)

Assistants: Brian Schottenheimer (Off. Coord.), Ken Norton, Jr. (Def. Coord.), Dave Canales (Off. Passing Game Coord.), Brennan Carroll (Run Game Coord.), Nate Carroll (WRs), Aaron Curry (Defensive Asst./LBs), Andre Curtis (Def. Passing Game Coord.), Austin Davis (QBs), Tom Donatell (QC/Def.), Thomas Garcia (Strength & Cond. Asst.), John Glenn (LBs), Clint Hurtt (Asst. Head Coach-Defense/DL), Brad Idzik (Asst. WRs), Larry Izzo (Asst. Special Teams), Kerry Joseph (Off. Asst./RBs), Keli'i Kekuewa (Off. Asst.), Sanjay Lal (Sr. Off. Asst.), Damione Lewis (Def. Asst./DL), Ivan Lewis (Head Strength & Cond.), Pat McPherson (TEs), Chad Morton (RBs), Mark Philipp (Strength & Cond. Asst.), Brian Schneider (Special Teams Coord.), Mike Solari (Offensive Line), Nick Sorensen (Secondary & Nickel Specialist), Grant Steen (Strength & Cond. Asst.), Danny van Dijk (Strength & Cond. Asst.), Jamie Yanchar (Asst. Strength & Cond.).

Captains: QB Russell Wilson, LB Bobby Wagner, CB/ST Neiko Thorpe

Largent Award: LB K.J. Wright

Pro Bowl: S Jamal Adams, ST Nick Bellore, S Quandre Diggs, WR DK Metcalf, LS Tyler Ott, LB Bobby Wagner, QB Russell Wilson

All-Pro: S Jamal Adams, WR DK Metcalf, LB Bobby Wagner

OFFENSE

Pos.		Starts
WR	Tyler Lockett	16
	DK Metcalf	16
LT	Duane Brown	16
LG	Mike Iupati	10
	Jordan Simmons	6
C	Ethan Pocic	14
RG	Damien Lewis*	15
RT	Brandon Shell	11
	Cedric Ogbuehi	4
TE	Will Dissly	12
QB	Russell Wilson	16
RB	Chris Carson	12

DEFENSE

DE	L.J. Collier	16
DT	Jarran Reed	16
NT	Poona Ford	16
DE	Benson Mayowa	9
	Carlos Dunlap II	6
OLB	K.J. Wright	16
MLB	Bobby Wagner	16
OLB	Jordyn Brooks*	7
LCB	Shaquill Griffin	12
RCB	Quinton Dunbar	6
	Tre Flowers	5
	D.J. Reed	5
SS	Jamal Adams	12
FS	Quandre Diggs	16

SPECIAL TEAMS

P	Michael Dickson	16
K	Jason Myers	16
LS	Tyler Ott	16

*Rookie or first-year player

2020 NFC WEST STANDINGS

	W	L	T	Pct.	Pts.	Opp.
Seattle	12	4	0	.750	459	371
L.A. Rams*	10	6	0	.625	372	296
Arizona	8	8	0	.500	410	367
San Francisco	6	10	0	.375	376	390

SERIES BREAKDOWN

Due to the 2002 new alignment plan, division records were reset. Division records from 1976-2001 may be found at the end of this section.

** Overtime*

NFC WEST (69-44-1)

ARIZONA CARDINALS (22-21-1)

9/12/76	—	L		24-30	58,441
11/13/83	—	L	@	28-33	33,280
9/17/89	—	L		24-34	60,444
12/19/93	—	*L		27-30	45,737
10/29/95	—	*L	@	14-20	39,600
9/13/98	—	W		33-14	57,678
9/15/02	—	L		13-24	63,104
11/10/02	—	W	@	27-6	29,252
9/14/03	—	W	@	38-0	23,127
12/21/03	—	W		28-10	64,899
10/24/04	—	L	@	17-25	35,695
12/26/04	—	W		24-21	65,825
9/25/05	—	W		37-12	64,843
11/6/05	—	W	@	33-19	43,542
9/17/06	—	W		21-10	67,470
12/10/06	—	L	@	21-27	63,603
9/16/07	—	L	@	20-23	64,542
12/9/07	—	W		42-21	68,193
11/16/08	—	L		20-26	67,616
12/28/08	—	L	@	21-34	63,874
10/18/09	—	L		3-27	67,588
11/15/09	—	L	@	20-31	62,278
10/24/10	—	W		22-10	67,132
11/14/10	—	W	@	36-18	61,904
9/25/11	—	W		13-10	66,199
1/1/12	—	*L	@	20-23	61,798
9/9/12	—	L	@	16-20	60,032
12/9/12	—	W		58-0	67,685
10/17/13	—	W	@	34-22	61,200
12/22/13	—	L		10-17	68,266
11/23/14	—	W		19-3	68,327
12/21/14	—	W	@	35-6	63,806
11/15/15	—	L		32-39	69,005
1/3/16	—	W	@	36-6	74,287
10/23/16	—	*T	@	6-6	65,089
12/24/16	—	L		31-34	69,050
11/9/17	—	W	@	22-16	64,639
12/31/17	—	L		24-26	69,078
9/30/18	—	W	@	20-17	61,845
12/30/18	—	W		27-24	68,990
9/29/19	—	W	@	27-10	60,500
12/22/19	—	L		13-27	69,022
10/25/20	—	*L	@	34-37	1,200
11/19/20	—	W		28-21	0

Franchise moved from St. Louis to Arizona in 1988.

Points: Arizona 869 (19.8), Seattle 1,098 (25.0)

LOS ANGELES RAMS (25-20)

10/31/76	—	L	@	6-45	52,035
11/4/79	—	L		0-24	62,048
9/23/85	—	L		24-35	63,292
10/23/88	—	L	@	10-31	57,033
12/22/91	—	W		23-9	51,100
10/19/97	—	W	@	17-9	64,819
9/10/00	—	L	+	34-37	64,869
10/20/02	—	L	@	20-37	65,931
12/22/02	—	W		30-10	63,953
9/21/03	—	W		24-23	65,841
12/14/03	—	L	@	22-27	66,152
10/10/04	—	*L		27-33	66,940
11/14/04	—	L	@	12-23	66,044
10/9/05	—	W	@	37-31	65,707
11/13/05	—	W		31-16	67,192
10/15/06	—	W	@	30-28	65,592
11/12/06	—	W		24-22	68,175
10/21/07	—	W		33-6	68,164
11/25/07	—	W	@	24-19	65,423
9/21/08	—	W		37-13	68,012
12/14/08	—	W	@	23-20	56,123
9/13/09	—	W		28-0	67,610
11/29/09	—	W	@	27-17	47,475
10/3/10	—	L	@	3-20	52,326
1/2/11	—	W		16-6	67,325
11/20/11	—	W	@	24-7	56,400
12/12/11	—	W		30-13	66,577
9/30/12	—	L	@	13-19	53,193
12/30/12	—	W		20-13	67,936
10/28/13	—	W	@	14-9	55,966
12/29/13	—	W		27-9	68,264
10/19/14	—	L	@	26-28	57,855
12/28/14	—	W		20-6	68,453
9/13/15	—	*L	@	31-34	51,792
12/27/15	—	L		17-23	69,080
9/18/16	—	L	@	3-9	91,046
12/15/16	—	W		24-3	69,067
10/08/17	—	W	@	16-10	60,745
12/17/17	—	L		7-42	69,077
10/7/18	—	L		31-33	68,893
11/11/18	—	L	@	31-36	72,755
10/3/19	—	W		30-29	68,988
12/8/19	—	L	@	12-28	71,501
11/15/20	—	L	@	16-23	0
12/27/20	—	W		20-9	0

Moved from Los Angeles to St. Louis in 1995. Moved from St. Louis to Los Angeles in 2016.

Points: L.A. 924 (20.5), Seattle 974 (21.6)

SAN FRANCISCO 49ERS (27-17)

9/26/76	—	L		21-37	59,108
10/7/79	—	W	@	35-24	44,592
11/25/85	—	L	@	6-19	57,482
9/25/88	—	L		7-38	63,382
12/8/91	—	L		22-24	56,711
12/21/97	—	W		38-9	66,253
10/14/02	—	L		21-28	66,420
12/01/02	—	L	@	24-31	67,594
10/12/03	—	W		20-19	66,437
12/27/03	—	W	@	24-17	67,840
9/26/04	—	W		34-0	66,709
11/7/04	—	W	@	42-27	64,423
11/20/05	—	W	@	27-25	63,590
12/11/05	—	W		41-3	66,690
11/19/06	—	L	@	14-20	68,367
12/14/06	—	L		14-24	67,650
9/30/07	—	W	@	23-3	67,651
11/12/07	—	W		24-0	68,331
9/14/08	—	*L		30-33	67,951
10/26/08	—	W	@	34-13	67,504
10/23/09	—	L	@	10-23	69,732
12/6/09	—	W		20-17	67,761
9/12/10	—	W		31-6	67,044
12/12/10	—	L	@	21-40	69,732
9/11/11	—	L	@	17-33	69,732
12/24/11	—	L		17-19	66,697
10/18/12	—	L	@	6-13	69,732
12/23/12	—	W		42-13	68,161
9/15/13	—	W		29-3	68,338
12/8/13	—	L	@	17-19	69,732
11/27/14	—	W	@	19-3	70,799
12/14/14	—	W		17-7	68,526
10/22/15	—	W	@	20-3	70,799
11/22/15	—	W		29-13	68,993
9/25/16	—	W		37-18	69,010
1/1/17	—	W	@	25-23	70,178
9/17/17	—	W		12-9	68,729
11/26/17	—	W	@	24-13	70,134
12/2/18	—	W		43-16	69,009
12/16/18	—	*L	@	23-26	68,836
11/11/19	—	*W	@	27-24	71,404
12/29/19	—	L		21-26	69,162
11/1/20	—	W		37-27	0
1/3/21	—	#W	@	26-23	0

Played at State Farm Stadium in Glendale, Arizona.

Points: San Francisco 811 (18.4), Seattle 1,071 (24.3)

NFC EAST (23-17)

DALLAS COWBOYS (9-10)

10/3/76	—	L		13-28	62,027
11/27/80	—	L	@	7-51	57,540
12/4/83	—	L		10-35	63,352
11/27/86	—	W	@	31-14	58,020
10/11/92	—	L	@	0-27	62,311
11/22/98	—	L	@	22-30	64,142
12/16/01	—	W	+	29-3	63,366
10/27/02	—	W	@	17-14	63,854
12/6/04	—	L		39-43	68,093
10/23/05	—	W		13-10	67,046
11/27/08	—	L	@	9-34	63,253
11/1/09	—	L	@	17-38	80,886
11/6/11	—	L	@	13-23	81,510
9/16/12	—	W		27-7	68,008
10/12/14	—	L		30-23	68,432
11/1/15	—	W	@	13-12	91,486
12/24/17	—	W	@	21-12	92,150
9/23/18	—	W		24-13	69,047
9/27/20	—	W		38-31	0

Points: Dallas 455 (23.9), Seattle 366 (19.3)

NEW YORK GIANTS (9-10)

11/28/76	—	L	@	16-28	65,111
12/7/80	—	L		21-27	51,617
10/18/81	—	L		0-32	56,134
12/11/83	—	W	@	17-12	48,942
10/19/86	—	W		17-12	62,282
11/19/89	—	L	@	3-15	75,014
10/25/92	—	L	@	10-23	67,399
11/5/95	—	W		30-28	42,100
12/23/01	—	L	@	24-27	78,119
9/22/02	—	L	@	6-9	78,551
11/27/05	—	*W		24-21	67,102
9/24/06	—	W		42-30	68,161
10/5/08	—	L	@	6-44	79,529
11/7/10	—	L		7-41	67,287
10/9/11	—	W	@	36-25	78,650
12/15/13	—	W	@	23-0	79,691
11/9/14	—	W		38-17	68,352
10/22/17	—	W	@	24-7	78,527
12/6/20	—	L		12-17	0

Points: N.Y. Giants 415 (21.8), Seattle 356 (18.7)

PHILADELPHIA EAGLES (11-7)

12/12/76	—	L	@	10-27	37,949
11/2/80	—	L		20-27	61,047
11/23/86	—	W		24-20	55,786
9/10/89	—	L	@	7-31	64,287
12/13/92	—	*L		17-20	47,492
12/3/95	—	W		26-14	39,893
9/6/98	—	W	@	38-0	66,418
9/23/01	—	L	+	3-27	62,826
12/8/02	—	L		20-27	59,862
12/5/05	—	W	@	42-0	67,637
12/2/07	—	W	@	28-24	68,445
11/2/08	—	L		7-26	68,055
12/1/11	—	W		31-14	67,039
12/7/14	—	W	@	24-14	69,596
11/20/16	—	W		26-15	69,190
12/3/17	—	W		24-10	69,075
11/24/19	—	W		17-9	69,796
11/30/20	—	W	@	23-17	0

Points: Philadelphia 322 (17.9), Seattle 377 (20.9)

SERIES BREAKDOWN, continued

WASHINGTON FOOTBALL TEAM (6-12)

9/19/76	—	L	@	7-31	53,174
9/28/80	—	W	@	14-0	53,263
9/25/83	—	L		17-27	60,718
9/28/86	—	L	@	14-19	54,157
12/23/89	—	L		0-29	60,294
11/8/92	—	L		3-16	53,616
9/4/94	—	W	@	28-7	52,930
11/19/95	—	W	@	27-20	51,298
9/20/98	—	W		24-14	63,336
11/04/01	—	L	@	14-27	82,352
11/3/02	—	L		3-14	64,325
11/9/03	—	L	@	20-27	80,728
10/2/05	—	*L	@	17-20	90,215
11/23/08	—	L		17-20	67,771
11/27/11	—	L		17-23	66,007
10/6/14	—	W	@	27-17	79,522
11/5/17	—	L		14-17	68,927
12/20/20	—	W	@	20-15	0

Points: Washington 343 (19.1), Seattle 283 (15.7)

NFC NORTH (23-14)

CHICAGO BEARS (11-5)

12/5/76	—	L		7-34	60,510
11/5/78	—	W	@	31-29	50,697
12/12/82	—	W		20-14	52,826
9/23/84	—	W		38-9	61,520
12/20/87	—	W	@	34-21	62,518
9/9/90	—	L	@	0-17	64,400
9/19/99	—	W	@	14-13	66,944
10/19/03	—	W		24-17	65,671
10/1/06	—	L	@	6-37	62,225
11/18/07	—	W		30-23	68,249
9/27/09	—	L		19-25	67,938
10/17/10	—	W	@	23-20	62,137
12/18/11	—	W	@	38-14	61,542
12/2/12	—	*W	@	23-17	62,264
9/27/15	—	W		26-0	69,002
9/17/18	—	L	@	17-24	57,960

Points: Chicago 314 (19.6), Seattle 350 (21.9)

DETROIT LIONS (9-5)

10/24/76	—	L		14-41	61,280
9/24/78	—	W		28-16	56,781
12/2/84	—	W		38-17	62,441
10/18/87	—	W	@	37-14	8,310
12/30/90	—	W		30-10	50,681
10/17/93	—	L	@	10-30	60,801
10/17/96	—	L	@	16-17	51,194
9/12/99	—	L		20-28	66,238
11/16/03	—	W		35-14	65,865
9/10/06	—	W	@	9-6	60,535
11/8/09	—	W		32-20	67,003
10/28/12	—	L	@	24-28	63,497
10/5/15	—	W		13-10	69,005
10/28/18	—	W	@	28-14	65,237

Points: Detroit 265 (18.9), Seattle 334 (23.9)

GREEN BAY PACKERS (8-11)

10/10/76	—	L	@	20-27	54,983
10/15/78	—	L	@	28-45	52,712
11/1/81	—	L	@	24-34	49,467
10/21/84	—	W	@	30-24	52,286
11/15/87	—	W		24-13	60,963
12/9/90	—	W	@	20-14	52,015
9/29/96	—	L		10-31	59,973
11/1/99	—	W	@	27-7	59,869
10/5/03	—	L	@	13-35	70,365
1/1/06	—	L	@	17-23	69,928
11/27/06	—	W		34-24	68,256
10/12/08	—	L		17-27	68,302
12/27/09	—	L	@	10-48	70,429
9/24/12	—	W		14-12	68,218
9/4/14	—	W		36-16	68,424
9/20/15	—	L	@	17-27	78,433
12/11/16	—	L	@	38-10	78,057
9/10/17	—	L	@	9-17	78,381
11/15/18	—	W		27-24	69,007

1981 & 1999 games played in Green Bay. 1976, 1978, 1984 & 1990 games played in Milwaukee. Games since 2003 played in Green Bay.

Points: Green Bay 486 (25.6), Seattle 387 (20.4)

MINNESOTA VIKINGS (12-5)

11/14/76	—	L	@	21-27	45,087
10/8/78	—	W		29-28	62,031
9/30/84	—	W	@	20-12	57,171
11/1/87	—	W		28-17	61,134
11/18/90	—	L		21-24	59,735
11/10/96	—	W		42-23	50,794
9/29/02	—	W		48-23	65,212
12/7/03	—	L	@	7-34	63,968
12/12/04	—	W	@	27-23	64,110
10/22/06	—	L		13-31	68,118
11/22/09	—	L	@	9-35	63,854
11/4/12	—	W		30-20	67,584
11/17/13	—	W		41-20	68,235
12/6/15	—	W	@	38-7	52,430
12/10/18	—	W		21-7	69,007
12/2/19	—	W		37-30	69,080
10/11/20	—	W		27-26	0

Points: Minnesota 387 (22.8), Seattle 459 (27.0)

NFC SOUTH (23-14)

ATLANTA FALCONS (12-6)

11/7/76	—	W		30-13	57,985
10/29/79	—	W	@	31-28	52,566
10/13/85	—	W		30-26	60,430
10/2/88	—	W	@	31-20	28,619
12/15/91	—	L	@	13-26	53,834
11/30/97	—	L		17-24	52,584
12/03/00	—	W	@	30-10	44,680
12/15/02	—	*W	@	30-24	69,551
1/2/05	—	W		28-26	66,740
9/18/05	—	W		21-18	66,030
12/30/07	—	L	@	41-44	64,925
12/19/10	—	L		18-34	67,101
10/2/11	—	L		28-30	66,266
11/10/13	—	W	@	33-10	70,309
10/16/16	—	W		26-24	69,071
11/20/17	—	L		31-34	69,026
10/27/19	—	W	@	27-20	71,483
9/13/20	—	W	@	38-25	0

Points: Atlanta 436 (24.2), Seattle 500 (27.8)

CAROLINA PANTHERS (8-3)

10/08/00	—	L	@	3-26	72,192
10/31/04	—	W		23-17	66,214
12/16/07	—	L	@	10-13	73,421
12/5/10	—	W		31-14	66,577
10/7/12	—	W	@	16-12	72,676
9/8/13	—	W	@	12-7	73,294
10/26/14	—	W	@	13-9	74,042
10/18/15	—	L		23-27	69,020
12/4/16	—	W		40-7	69,104
11/25/18	—	W	@	30-27	74,002
12/15/19	—	W	@	30-24	72,544

Points: Carolina 183 (16.6), Seattle 231 (21.0)

NEW ORLEANS SAINTS (6-8)

11/21/76	—	L		27-51	61,865
11/18/79	—	W		38-24	60,055
11/10/85	—	W	@	27-3	47,365
10/16/88	—	L		19-20	63,569
9/1/91	—	L	@	24-27	68,492
11/16/97	—	*L	@	17-20	50,493
9/17/00	—	W	+	20-10	59,513
9/7/03	—	W		27-10	52,250
9/12/04	—	W	@	21-7	64,900
10/14/07	—	L		17-28	68,296
11/21/10	—	L	@	19-34	70,015
12/2/13	—	W		34-7	68,387
10/30/16	—	L	@	20-25	73,188
9/22/19	—	L		27-33	69,005

Points: New Orleans 299 (21.4), Seattle 337 (24.1)

TAMPA BAY BUCCANEERS (9-5)

10/17/76	—	W	@	13-10	43,812
10/16/77	—	W		30-23	54,783
11/20/94	—	W		22-21	37,466
9/22/96	—	W	@	17-13	30,212
11/28/99	—	L		3-16	66,314
9/19/04	—	W	@	10-6	65,089
12/31/06	—	W	@	23-7	65,660
9/9/07	—	W		20-6	68,044
10/19/08	—	L	@	10-20	64,811
12/20/09	—	L		7-24	67,011
12/26/10	—	L	@	15-38	46,576
11/3/13	—	*W		27-24	67,873
11/27/16	—	L	@	5-14	63,674
11/3/19	—	W		40-34	68,948

Points: Tampa Bay 256 (18.3), Seattle 242 (17.3)

AFC WEST (9-11)

DENVER BRONCOS (19-35)

10/2/77	—	L		13-24	53,108
10/7/78	—	L	@	7-28	74,989
10/29/78	—	*L		17-20	62,948
9/23/79	—	L	@	34-37	74,879
12/8/79	—	W		28-23	60,038
11/23/80	—	L	@	20-36	73,274
12/21/80	—	L		17-25	51,853
9/13/81	—	W		13-10	58,513
12/13/81	—	L	@	13-23	74,527
11/21/82	—	W	@	17-10	73,916
1/2/83	—	W		13-11	43,145
11/6/83	—	W		27-19	61,189
11/20/83	—	L	@	27-38	74,710
11/25/84	—	W	@	27-24	74,922
12/15/84	—	L		14-31	64,411
10/20/85	—	*L	@	10-13	74,899
12/20/85	—	L		24-27	56,283
10/26/86	—	L	@	13-20	76,089
12/20/86	—	W		41-16	63,697
9/13/87	—	L	@	17-40	75,999
12/13/87	—	W		28-21	61,759
9/4/88	—	W	@	21-14	75,986
12/11/88	—	W		42-14	62,839
10/22/89	—	*L		21-24	62,353
11/26/89	—	L	@	14-41	75,117
9/23/90	—	*L	@	31-34	75,290
12/23/90	—	W		17-12	55,845
9/15/91	—	L	@	10-16	74,152
11/24/91	—	W		13-10	60,430
11/30/92	—	*W		16-13	51,612
12/20/92	—	L	@	6-10	72,570
10/31/93	—	L	@	17-28	73,644
11/28/93	—	L		9-17	57,812
10/9/94	—	L	+	9-16	63,872
11/13/94	—	L	@	10-17	71,290
10/1/95	—	W		27-10	49,914
12/10/95	—	W	@	31-27	71,488
9/8/96	—	L		20-30	43,671
12/1/96	—	L	@	7-34	74,982
9/7/97	—	L		14-35	55,859
11/2/97	—	L	@	27-30	74,212
10/11/98	—	L		16-21	66,258
12/27/98	—	L	@	21-28	74,057
11/14/99	—	W		20-17	66,314
12/19/99	—	*L	@	30-36	65,987
11/26/00	—	L	+	31-38	68,661
12/10/00	—	L	@	24-31	75,218
10/14/01	—	W	+	34-21	61,837
12/09/01	—	L	@	7-20	74,524
11/17/02	—	L		9-31	65,495
12/03/06	—	W	@	23-20	76,146
9/19/10	—	L	@	14-31	75,130
9/21/14	—	*W		26-20	68,447
9/9/18	—	L	@	24-27	76,761

Points: Denver 1,269 (23.5), Seattle 1,061 (19.6)

SERIES BREAKDOWN, continued

KANSAS CITY CHIEFS (19-33)

12/11/77	—	W	@	34-31	22,562
11/19/78	—	W	@	13-10	32,252
12/17/78	—	W		23-19	58,490
9/30/79	—	L		6-24	61,169
12/2/79	—	L	@	21-37	42,160
9/14/80	—	W	@	17-16	42,403
11/9/80	—	L		30-31	58,976
9/27/81	—	L		14-20	59,255
11/22/81	—	L	@	13-40	49,002
9/4/83	—	L	@	13-17	42,531
11/27/83	—	*W		51-48	56,795
11/4/84	—	W		45-0	61,396
12/9/84	—	L	@	7-34	34,855
9/29/85	—	L	@	7-28	50,485
12/1/85	—	W		26-6	52,655
9/14/86	—	W		23-17	61,068
11/9/86	—	L	@	7-27	53,268
9/20/87	—	W		43-14	61,667
12/27/87	—	L	@	20-41	20,370
9/11/88	—	W		31-10	61,512
11/20/88	—	L	@	24-27	33,152
10/8/89	—	L		16-20	60,715
11/5/89	—	L	@	10-20	54,489
10/21/90	—	W		19-7	60,358
11/11/90	—	W	@	17-16	71,285
9/22/91	—	L	@	13-20	71,789
12/1/91	—	L		6-19	57,248
9/13/92	—	L	@	7-26	75,125
11/22/92	—	L		14-24	49,867
12/5/93	—	L		16-31	58,551
1/2/94	—	L	@	24-34	72,136
10/23/94	—	L	@	23-38	78,847
11/27/94	—	W		10-9	54,120
9/3/95	—	L		10-34	47,564
12/24/95	—	L	@	3-26	75,784
9/15/96	—	L		17-35	39,970
10/17/96	—	L	@	16-34	76,057
9/28/97	—	*L	@	17-20	77,877
11/23/97	—	L		14-19	66,264
10/4/98	—	L	@	6-17	66,418
11/8/98	—	W		24-12	66,251
11/21/99	—	W	@	31-19	78,714
12/26/99	—	W		23-14	66,332
10/02/00	—	L	@	17-24	82,893
10/29/00	—	L	+	19-24	62,141
11/25/01	—	L	@	7-19	77,357
1/06/02	—	W	+	21-18	58,460
11/24/02	—	W		39-22	56,250
10/29/06	—	L	@	28-35	77,645
11/28/10	—	L		24-42	66,370
11/16/14	—	L	@	24-20	76,463
12/23/18	—	W		38-31	69,067

Points: Kansas City 1,230 (23.7), Seattle 1,017 (19.6)

LAS VEGAS RAIDERS (25-28)

11/6/77	—	L	@	7-44	50,929
10/22/78	—	W		27-7	62,529
11/26/78	—	W	@	17-16	52,978
9/16/79	—	W		27-10	61,602
12/16/79	—	W	@	29-24	53,177
10/26/80	—	L	@	14-33	50,185
11/17/80	—	L		17-19	60,480
9/20/81	—	L	@	10-20	45,725
11/29/81	—	L		31-32	57,147
12/5/82	—	L	@	23-28	42,170
10/16/83	—	W		38-36	60,697
10/30/83	—	W	@	34-21	49,708
10/7/84	—	L	@	14-28	77,904
11/12/84	—	W		17-14	64,011
11/3/85	—	W		33-3	64,060
12/15/85	—	L	@	3-13	77,425
10/12/86	—	L	@	10-14	70,635
12/8/86	—	W		37-0	62,923
10/25/87	—	W	@	35-13	52,735
11/30/87	—	L		14-37	62,802
11/28/88	—	W		35-27	62,641
12/18/88	—	W	@	43-37	61,127
10/1/89	—	W	@	24-20	44,319
12/17/89	—	W		23-17	61,076
9/16/90	—	L		13-17	61,889
10/14/90	—	L	@	17-24	50,624
10/13/91	—	*L		20-23	61,974
11/17/91	—	L	@	7-31	49,317
10/18/92	—	L		0-19	56,904
11/15/92	—	L	@	3-20	46,862
9/12/93	—	L		13-17	58,836
12/12/93	—	L	@	23-27	38,161
9/11/94	—	W	@	38-9	47,319
12/11/94	—	L		16-17	53,301
10/8/95	—	L	@	14-34	50,213
12/17/95	—	W		44-10	58,428
11/24/96	—	L		21-27	47,506
12/22/96	—	W	@	28-21	33,455
10/26/97	—	W		45-34	66,264
12/14/97	—	W	@	22-21	40,124
11/1/98	—	L		18-31	66,246
11/15/98	—	L	@	17-20	51,527
10/3/99	—	W		22-21	66,400
12/5/99	—	L	@	21-30	44,716
10/22/00	—	L	@	3-31	57,490
12/16/00	—	W	+	27-24	68,681
9/30/01	—	L	@	14-38	54,629
11/11/01	—	W	+	34-27	67,231
9/8/02	—	L	@	17-31	53,260
11/6/06	—	W		16-0	67,816
10/31/10	—	L	@	3-33	35,721
11/2/14	—	W		30-24	68,337
10/14/18	—	W	@#	27-3	84,922

Franchise moved from Oakland to Los Angeles in 1982. Moved back to Oakland in 1995. Moved to Las Vegas in 2020. 2018 game was played in London's Wembley Stadium.

Points: Oakland 1,177 (22.2), Seattle 1,135 (21.4)

LOS ANGELES CHARGERS (26-25)

11/27/77	—	L		28-30	55,338
9/3/78	—	L		20-24	55,778
12/10/78	—	L	@	10-37	49,975
9/2/79	—	L		16-33	62,287
10/14/79	—	L	@	10-20	50,077
9/7/80	—	L		13-34	62,042
12/13/80	—	L	@	14-21	49,980
10/4/81	—	L	@	10-24	51,463
11/16/81	—	W		44-23	58,628
9/18/83	—	W		34-31	61,714
10/9/83	—	L	@	21-28	49,132
9/9/84	—	W		31-17	61,314
10/29/84	—	W	@	24-0	53,974
9/15/85	—	W	@	49-35	54,420
10/6/85	—	W		26-21	61,300
10/6/86	—	W		33-7	63,207
12/14/86	—	W	@	34-24	47,096
11/22/87	—	W		34-3	62,444
9/18/88	—	L	@	6-17	44,449
10/30/88	—	W		17-14	59,641
10/15/89	—	W	@	17-16	50,079
10/29/89	—	W		10-7	59,961
11/4/90	—	L		14-31	59,646
11/25/90	—	*W	@	13-10	50,097
10/27/91	—	W		20-9	58,025
11/10/91	—	L	@	14-17	43,597
10/4/92	—	L	@	6-17	36,783
12/27/92	—	L		14-31	49,324
9/5/93	—	L	@	12-18	58,039
10/3/93	—	W		31-14	54,778
9/18/94	—	L	+	10-24	65,536
10/30/94	—	L	@	15-35	59,001
9/10/95	—	L	@	10-14	54,420
10/22/95	—	L		25-35	45,821
9/1/96	—	L	@	7-29	58,780
10/27/96	—	W		32-13	38,143
9/21/97	—	W		26-22	51,110
11/9/97	—	W	@	37-31	64,616
10/25/98	—	W	@	27-20	58,512
12/13/98	—	W		38-17	62,690
10/17/99	—	L	@	10-13	59,432
12/12/99	—	L		16-19	66,318
9/24/00	—	W	@	20-12	47,233
11/05/00	—	W	+	17-15	59,884
12/2/01	—	*W	+	13-10	55,466
12/30/01	—	W	@	25-22	51,412
12/29/02	—	*W	@	31-28	52,159
12/24/06	—	L		17-20	68,174
9/26/10	—	W		27-20	67,106
9/14/14	—	L	@	21-30	67,916
11/4/18	—	L		17-25	68,989

Points: L.A. 1,067 (20.9), Seattle 1,066 (20.9)

Franchise moved from San Diego to Los Angeles in 2017.

AFC EAST (12-8)

BUFFALO BILLS (8-6)

10/30/77	—	W		56-17	61,180
10/14/84	—	W		31-28	59,034
11/6/88	—	L		3-13	61,074
12/4/89	—	W		17-16	57,682
10/15/95	—	L	@	21-27	74,362
12/1/96	—	W		26-18	41,373
10/24/99	—	W		26-16	66,301
12/23/00	—	L	+	23-42	61,025
11/18/01	—	W	@	23-20	60,836
11/28/04	—	L		9-38	66,271
9/7/08	—	L	@	10-34	71,194
12/16/12	—	W	%@	50-17	40,770
11/7/16	—	W		31-25	69,084
11/8/20	—	L	@	34-44	0

Points: Buffalo 355 (25.6), Seattle 360 (25.7)

MIAMI DOLPHINS (5-8)

10/23/77	—	L	@	13-31	29,855
9/9/79	—	L	@	10-19	56,233
10/4/87	—	W		24-20	19,448
12/16/90	—	L	@	17-24	57,851
9/27/92	—	L		17-19	59,374
10/6/96	—	W	@	22-15	59,539
9/3/00	—	L	@	0-23	72,949
10/28/01	—	L	+	20-24	59,108
11/21/04	—	W		24-17	66,644
11/9/08	—	L	@	19-21	64,862
11/25/12	—	L	@	21-24	51,295
9/11/16	—	W		12-10	69,012
10/4/20	—	W	@	31-23	12,369

Points: Miami 247 (20.6), Seattle 199 (16.6)

NEW ENGLAND PATRIOTS (10-8)

10/9/77	—	L	@	0-31	45,929
9/21/80	—	L		31-37	61,035
12/19/82	—	L		0-16	53,457
12/18/83	—	W		24-6	59,688
9/16/84	—	L	@	23-38	43,140
11/17/85	—	L		13-20	60,345
9/21/86	—	W	@	38-31	58,977
12/4/88	—	L	@	7-13	59,068
9/24/89	—	W	@	24-3	48,025
10/7/90	—	W	@	33-20	39,735
9/20/92	—	W	@	10-6	42,327
9/19/93	—	W	@	17-14	50,392
10/24/93	—	W		10-9	56,526
10/17/04	—	L	@	20-30	68,756
12/7/08	—	L		21-24	68,077
10/14/12	—	W		24-23	68,137
11/13/16	—	W	@	31-24	66,829
9/20/20	—	W		35-30	0

Points: New England 375 (20.8), Seattle 361 (20.1)

NEW YORK JETS (12-8)

11/13/77	—	W	@	17-0	43,973
9/17/78	—	W	@	24-17	46,911
11/26/79	—	W		30-7	59,977
10/19/80	—	W	@	27-17	52,496
10/25/81	—	W	@	19-3	49,678
12/6/81	—	W		27-23	53,105
9/11/83	—	W	@	17-10	50,066
10/27/85	—	L	@	14-17	69.320
11/28/86	—	L		7-38	62,497

SERIES BREAKDOWN, continued

NEW YORK JETS, CONTINUED

11/9/87	—	L	@	14-30	60,452
9/8/91	—	W		20-13	56,770
11/26/95	—	L		10-16	41,160
8/31/97	—	L		3-41	53,893
12/6/98	—	L	@	31-32	72,200
1/2/00	—	L	@	9-19	78,154
12/19/04	—	L	@	14-37	77,894
12/21/08	—	W		13-3	68,181
11/11/12	—	W		28-7	67,841
10/2/16	—	W	@	27-17	78,160
12/13/20	—	W		40-3	0

Points: N.Y. Jets 350 (17.5), Seattle 391 (19.6)

AFC NORTH (11-9)

BALTIMORE RAVENS (3-3)

12/27/97	—	L	@	24-31	54,395
11/23/03	—	*L	@	41-44	69,477
12/23/07	—	W		27-6	68,164
11/13/11	—	W		22-17	66,522
12/13/15	—	W	@	35-6	71,179
11/20/19	—	L	@	16-30	69,012

Points: Baltimore 134 (22.3), Seattle 165 (27.5)

CINCINNATI BENGALS (10-10)

9/25/77	—	L	@	20-42	45,579
9/6/81	—	L	@	21-27	41,177
12/26/82	—	L	@	10-24	55,330
11/18/84	—	W	@	26-6	50,280
9/8/85	—	W	@	28-24	51,625
11/16/86	—	L	@	7-34	54,410
10/11/87	—	L		10-17	31,739
12/10/89	—	W	@	24-17	54,744
10/1/90	—	W		31-16	60,135
10/6/91	—	W	@	13-7	60,010
9/6/92	—	L		3-21	57,350
9/26/93	—	W	@	19-10	46,880
11/06/94	—	*L		17-20	46,630
9/17/95	—	W		24-21	39,492
11/7/99	—	W		37-20	66,303
10/26/03	—	L	@	24-27	52,131
9/23/07	—	W		24-21	68,110
10/30/11	—	L		12-34	66,004
10/11/15	—	*L	@	24-27	65,004
09/08/19	—	W		21-20	68,710

Points: Cincinnati 435 (21.8), Seattle 395 (19.8)

CLEVELAND BROWNS (13-6)

12/18/77	—	W		20-19	61,583
12/3/78	—	W		47-24	62,262
11/11/79	—	W	@	29-24	72,440
10/12/80	—	L		3-27	61,366
12/20/81	—	W		42-21	51,435
9/12/82	—	L		7-21	55,907
10/2/83	—	W	@	24-9	75,446
9/3/84	—	W		33-0	59,540
12/8/85	—	W		31-13	58,477
10/9/88	—	W	@	16-10	78,605
11/12/89	—	L		7-17	58,978
11/14/93	—	W		22-5	54,622
12/24/94	—	L	@	9-35	54,180
9/9/01	—	W	@	9-6	72,318
11/30/03	—	W		34-7	64,680
11/4/07	—	*L	@	30-33	72,927
10/23/11	—	L	@	3-6	66,350
12/20/15	—	W		30-13	69,002
10/13/19	—	W	@	32-28	67,431

Franchise suspended in 1996 and re-activated in 1999.

Points: Cleveland 318 (16.7), Seattle 428 (22.5)

PITTSBURGH STEELERS (10-8)

12/4/77	—	L	@	20-30	45,429
9/10/78	—	L	@	10-21	48,277
11/8/81	—	W		24-21	59,058
11/28/82	—	W		16-0	55,553
10/23/83	—	L		21-27	61,615
9/7/86	—	W		30-0	61,146
12/6/87	—	L	@	9-13	48,881
10/20/91	—	W	@	27-7	54,678
12/6/92	—	L	@	14-20	47,015
12/26/93	—	W		16-6	51,814
9/25/94	—	W	+	30-13	59,637
9/27/98	—	L	@	10-13	58,413
9/26/99	—	W	@	29-10	57,881
11/02/03	—	W		23-16	66,507
10/7/07	—	L	@	0-21	64,478
9/18/11	—	L	@	0-24	63,663
11/29/15	—	W		39-30	69,055
9/15/19	—	W	@	28-26	65,063

Points: Pittsburgh 298 (16.6), Seattle 346 (19.2)

AFC SOUTH (9-7)

HOUSTON TEXANS (3-1)

10/16/05	—	W		42-10	66,196
12/13/09	—	L	@	7-34	70,380
9/29/13	—	*W	@	23-20	71,756
10/29/17	—	W		41-38	69,025

Points: Houston 102 (25.5), Seattle 113 (28.3)

INDIANAPOLIS COLTS (5-7)

9/18/77	—	L		14-29	58,991
11/12/78	—	L		14-17	61,905
9/29/91	—	W		31-3	56,656
10/2/94	—	L	@	15-17	49,876
12/4/94	—	L		19-31	39,574
9/14/97	—	W	@	31-3	49,194
12/20/98	—	W		27-23	58,703
10/15/00	—	L	+	24-37	63,593
12/24/05	—	W		28-13	67,855
10/4/09	—	L	@	17-34	66,112
10/6/13	—	L	@	28-34	66,608
10/1/17	—	W		46-18	68,872

Franchise moved from Baltimore to Indianapolis in 1984.

Points: Indianapolis 259 (21.6), Seattle 294 (24.5)

JACKSONVILLE JAGUARS (5-3)

11/12/95	—	W	@	47-30	71,290
12/15/96	—	L	@	13-20	66,134
11/12/00	—	W	@	28-21	68,063
10/07/01	—	W	+	24-15	54,524
9/11/05	—	L	@	14-26	65,204
10/11/09	—	W		41-0	67,228
9/22/13	—	W		45-17	68,087
12/10/17	—	L	@	24-30	64,431

Points: Jacksonville 159 (19.9), Seattle 236 (29.5)

TENNESSEE TITANS (10-6)

11/20/77	—	L		10-22	61,519
10/21/79	—	W		34-14	60,705
10/5/80	—	W	@	26-7	46,860
10/11/81	—	L	@	17-35	42,671
9/19/82	—	L	@	21-23	43,117
11/13/88	—	W		27-24	60,446
12/2/90	—	*W		13-10	57,592
11/7/93	—	L	@	14-24	50,447
12/11/94	—	W	@	16-14	31,453
11/3/96	—	W		23-16	36,320
10/5/97	—	W		16-13	49,897
11/29/98	—	W		20-18	59,048
12/18/05	—	W	@	28-24	69,149
1/3/10	—	L		13-17	67,002
10/13/13	—	W		20-13	68,127
9/24/17	—	L	@	27-33	69,127

Franchise moved from Houston in 1997 and changed name from Oilers to Titans in 1999.

Points: Tennessee 307 (19.2), Seattle 325 (20.3)

RECORD VS. DIVISION (1976-2001)

AFC EAST (26-27)

Buffalo (6-3)
Indianapolis (3-5)
Miami (2-6)
New England (7-6)
New York Jets (8-7)

AFC CENTRAL (29-17)

Baltimore (0-1)
Cleveland (10-4)
Cincinnati (8-7)
Jacksonville (3-1)
Tennessee (8-4)

AFC WEST (80-110)

Denver (17-32)
Kansas City (17-30)
Oakland (22-26)
San Diego (24-22)

NFC EAST (13-27)

Arizona (1-5)
Dallas (2-5)
New York Giants (3-6)
Philadelphia (3-5)
Washington (4-6)

NFC CENTRAL (21-13)

Chicago (5-2)
Detroit (4-4)
Green Bay (4-4)
Minnesota (4-2)
Tampa Bay (4-1)

NFC WEST (12-16)

Atlanta (5-2)
Carolina (0-1)
New Orleans (3-4)
St. Louis (2-5)
San Francisco (2-4)

YEARLY RESULTS

Year	W	L	T	Pct.	Pts.	Opp.	Finish	Home	Road	Div.	AFC	NFC	Post.
1976	2	12	0	.143	229	429	*5th	1-6-0	1-6-0	0-4-0	1-0-0	1-12-0	---
1977	5	9	0	.357	282	373	*4th	3-4-0	2-5-0	1-3-0	4-9-0	1-0-0	---
1978	9	7	0	.563	345	358	3rd	5-3-0	4-4-0	4-4-0	6-6-0	3-1-0	---
1979	9	7	0	.563	378	372	3rd	5-3-0	4-4-0	3-5-0	6-6-0	3-1-0	---
1980	4	12	0	.250	291	408	5th	0-8-0	4-4-0	1-7-0	3-9-0	1-3-0	---
1981	6	10	0	.375	322	388	5th	5-3-0	1-7-0	2-6-0	6-8-0	0-2-0	---
1982	4	5	0	.444	127	147	+10th	3-2-0	1-3-0	2-1-0	3-5-0	1-0-0	---
1983	9	7	0	.563	403	397	2nd	5-3-0	4-4-0	5-3-0	8-4-0	1-3-0	2-1
1984	12	4	0	.750	418	282	2nd	7-1-0	5-3-0	6-2-0	8-4-0	4-0-0	1-1
1985	8	8	0	.500	349	303	3rd	5-3-0	3-5-0	4-4-0	6-6-0	2-2-0	---
1986	10	6	0	.625	366	293	3rd	7-1-0	3-5-0	5-3-0	7-5-0	3-1-0	---
1987	9	6	0	.600	371	314	^2nd	6-2-0	3-4-0	4-3-0	5-6-0	4-0-0	0-1
1988	9	7	0	.563	339	329	1st	5-3-0	4-4-0	6-2-0	8-4-0	1-3-0	0-1
1989	7	9	0	.438	241	327	4th	3-5-0	4-4-0	4-4-0	7-5-0	0-4-0	---
1990	9	7	0	.563	306	286	3rd	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	---
1991	7	9	0	.438	276	261	4th	5-3-0	2-6-0	2-6-0	6-6-0	1-3-0	---
1992	2	14	0	.125	140	312	5th	1-7-0	1-7-0	1-7-0	2-10-0	0-4-0	---
1993	6	10	0	.375	280	314	5th	4-4-0	2-6-0	1-7-0	6-8-0	0-2-0	---
1994	6	10	0	.375	287	323	5th	3-5-0	3-5-0	2-6-0	4-10-0	2-0-0	---
1995	8	8	0	.500	363	366	3rd	5-3-0	3-5-0	3-5-0	5-7-0	3-1-0	---
1996	7	9	0	.438	317	376	5th	4-4-0	3-5-0	2-6-0	5-7-0	2-2-0	---
1997	8	8	0	.500	365	362	3rd	4-4-0	4-4-0	4-4-0	6-6-0	2-2-0	---
1998	8	8	0	.500	372	310	3rd	6-2-0	2-6-0	3-5-0	5-7-0	3-1-0	---
1999	9	7	0	.563	338	298	1st	5-3-0	4-4-0	4-4-0	7-5-0	2-2-0	0-1
2000	6	10	0	.375	320	405	4th	3-5-0	3-5-0	3-5-0	4-8-0	2-2-0	---
2001	9	7	0	.563	301	324	2nd	6-2-0	3-5-0	5-3-0	8-4-0	1-3-0	---
2002	7	9	0	.438	355	369	3rd	3-5-0	4-4-0	2-4-0	2-2-0	5-7-0	---
2003	10	6	0	.625	404	327	2nd	8-0-0	2-6-0	5-1-0	2-2-0	8-4-0	0-1
2004	9	7	0	.563	371	373	1st	5-3-0	4-4-0	3-3-0	1-3-0	8-4-0	0-1
2005	13	3	0	.813	452	271	1st	8-0-0	5-3-0	6-0-0	3-1-0	10-2-0	2-1
2006	9	7	0	.563	335	341	1st	5-3-0	4-4-0	3-3-0	2-2-0	7-5-0	1-1
2007	10	6	0	.625	393	291	1st	7-1-0	3-5-0	5-1-0	2-2-0	8-4-0	1-1
2008	4	12	0	.250	294	392	3rd	2-6-0	2-6-0	3-3-0	1-3-0	3-9-0	---
2009	5	11	0	.313	280	390	3rd	4-4-0	1-7-0	3-3-0	1-3-0	4-8-0	---
2010	7	9	0	.438	310	407	1st	5-3-0	2-6-0	4-2-0	1-3-0	6-6-0	1-1
2011	7	9	0	.438	321	315	3rd	4-4-0	3-5-0	3-3-0	1-3-0	6-6-0	---
2012	11	5	0	.688	412	245	2nd	8-0-0	3-5-0	3-3-0	3-1-0	8-4-0	1-1
2013	13	3	0	.813	417	231	1st	7-1-0	6-2-0	4-2-0	3-1-0	10-2-0	3-0
2014	12	4	0	.750	394	254	1st	7-1-0	5-3-0	5-1-0	2-2-0	10-2-0	2-1
2015	10	6	0	.625	423	277	2nd	5-3-0	5-3-0	3-3-0	3-1-0	7-5-0	1-1
2016	10	5	1	.656	354	292	1st	7-1-0	3-4-1	3-2-1	4-0-0	6-5-1	1-1
2017	9	7	0	.563	366	332	2nd	4-4-0	5-3-0	4-2-0	2-2-0	7-5-0	---
2018	10	6	0	.625	428	347	2nd	6-2-0	4-4-0	3-3-0	2-2-0	8-4-0	0-1
2019	11	5	0	.688	405	398	2nd	4-4-0	7-1-0	3-3-0	3-1-0	8-4-0	1-1
2020	12	4	0	.750	459	371	1st	7-1-0	5-3-0	4-2-0	3-1-0	9-3-0	0-1
	367	**340**	**1**	**.519**	**15,299**	**14,966**		**217-138-0**	**150-202-1**	**150-157-1**	**184-195-0**	**183-145-1**	**17-18**

* Seahawks were placed in the NFC West for scheduling purposes in 1976 and played every NFC team and the Tampa Bay Buccaneers. In 1977, Seattle was placed in the AFC West and played every AFC team and Tampa Bay. Seattle moved back to the NFC West in 2002.

+ Conference finish. Schedule shortened to nine games because of players' strike.

^ Schedule shortened to 15 games because of players' strike. Game 2 (at San Diego) was cancelled and games 3-5 were played with replacement players.

ATTENDANCE TOP 10

HOME ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	69,190	Philadelphia	Lumen Field	Nov. 20, 2016	W	26-15
2	69,162	San Francisco	Lumen Field	Dec. 29, 2019	L	26-21
3	69,104	Carolina	Lumen Field	Dec. 4, 2016	W	40-7
4	69,084	Buffalo	Lumen Field	Nov. 7, 2016	W	31-25
5	69,080	St. Louis	Lumen Field	Dec. 27, 2015	L	23-17
	69,080	Minnestoa	Lumen Field	Dec. 2, 2019	W	37-30
7	69,078	Arizona	Lumen Field	Dec. 31, 2017	L	26-24
8	69,077	L.A. Rams	Lumen Field	Dec. 17, 2017	L	42-7
9	69,075	Philadelphia	Lumen Field	Dec. 3, 2017	W	24-10
10	69,071	Atlanta	Lumen Field	Oct. 16, 2016	W	26-24

ROAD ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	94,327*	Dallas	AT&T Stadium	Jan. 5, 2019	L	24-22
2	92,150	Dallas	AT&T Stadium	Dec. 24, 2017	W	21-12
3	91,486	Dallas	AT&T Stadium	Nov. 1, 2015	W	13-12
4	91,046	L.A. Rams	L.A. Memorial Coliseum	Sept. 18, 2016	L	9-3
5	90,215	Washington	FedEx Field	Oct. 2, 2005	L	20-17^
6	88,734*	L.A. Raiders	L.A. Memorial Coliseum	Jan. 8, 1983	L	30-14
7	84,325*	Washington	FedEx Field	Jan. 6, 2013	W	24-14
8	82,893	Kansas City	Arrowhead Stadium	Oct. 2, 2000	L	24-17
9	82,352	Washington	FedEx Field	Nov. 4, 2001	L	27-14
10	81,510	Dallas	Cowboys Stadium	Nov. 6, 2011	L	23-13

* Playoff game; ^Overtime

NEUTRAL SITE ATTENDANCE

	Att.	Opponent	Stadium	Date	W/L	Score
1	84,922*	Oakland	Wembley Stadium	Oct. 14, 2018	W	27-3
2	82,529^	Denver	MetLife Stadium	Feb. 2, 2014	W	43-8
3	70,288!	New England	Univ. of Phoenix Stadium	Feb. 1, 2015	L	28-24
4	68,206#	Pittsburgh	Ford Field	Feb. 5, 2006	L	23-10

* NFL London Series, ^ Super Bowl XLVIII, ! Super Bowl XLIX, # Super Bowl XL

WEATHER TOP 10

COLDEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	-6*%	at Minnesota	January 10, 2016	W	10-9
2	16	at Denver	December 3, 2006	W	23-20
3	18	at Green Bay	December 27, 2009	L	48-10
4	20*	at Green Bay	January 4, 2004	L	33-27^
5	21	at Kansas City	November 16, 2014	L	24-20
6	22	at Denver	December 10, 2000	L	31-24
7	24*	at Chicago	Jananuary 16, 2011	L	35-24
8	26	at Green Bay	December 11, 2016	L	38-10
	26	at Pittsburgh	December 6, 1992	L	20-14
10	27	at Denver	December 19, 1999	L	36-30^

* Playoff game; % Third-coldest game in NFL history; ^Overtime

WARMEST GAMES

	Temp.	Opponent	Date	W/L	Score
1	98	at Arizona	September 14, 2003	W	38-0
2	95	at N.Y. Jets	September 11, 1983	W	17-10
3	94	at Kansas City	September 4, 1987	L	17-13
	94	at San Diego	September 14, 2014	L	30-21
5	93	at Philadelphia	September 10, 1989	L	31-7
6	91	at Denver	September 19, 2010	L	31-14
7	89	at Miami	September 3, 2000	L	23-0
8	88	at L.A. Rams	September 18, 2016	L	9-3
	88	at Cincinnati	September 8, 1985	W	28-24
	88	at Tampa Bay	September 19, 2004	W	10-6
	88	at Tennessee	September 24, 2017	L	33-27

RECORD BY MONTH

REGULAR SEASON

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan.	Record
1976		0-3	1-4	1-3	0-2		2-12
1977		0-2	2-3	1-3	2-1		5-9
1978		2-2	2-3	3-1	2-1		9-7
1979		1-4	3-1	3-1	2-1		9-7
1980		2-2	2-2	0-5	0-3		4-12
1981		1-3	1-3	2-3	2-1		6-10
1982		0-2		2-0	1-3	1-0	4-5
1983		2-2	3-2	2-2	2-1		9-7
1984		4-1	3-1	4-0	1-2		12-4
1985		2-2	2-2	2-2	2-2		8-8
1986		3-1	2-2	2-3	3-0		10-6
1987		1-1	3-1	3-2	2-2		9-6
1988		2-2	3-2	2-2	2-1		9-7
1989		1-2	3-2	0-4	3-1		7-9
1990		0-3	3-1	2-2	4-1		9-7
1991		2-3	3-1	1-2	1-3		7-9
1992		1-3	0-4	1-3	0-4		2-14
1993		2-2	2-2	1-2	1-3	0-1	6-10
1994		3-1	0-4	2-2	1-3		6-10
1995		1-2	1-4	3-1	3-1		8-8
1996		1-4	2-1	2-2	2-2		7-9
1997	0-1	2-2	3-0	1-4	2-1		8-8
1998		3-1	1-2	2-3	2-2		8-8
1999		2-1	2-1	4-1	1-3	0-1	9-7
2000		2-2	0-5	2-1	2-2		6-10
2001		1-2	2-1	2-2	3-2	1-0	9-7
2002		1-3	1-2	2-2	3-2		7-9
2003		3-0	2-2	3-2	2-2		10-6
2004		3-0	1-3	2-2	2-2	1-0	9-7
2005		2-1	3-1	4-0	4-0	0-1	13-3
2006		3-0	1-3	3-1	2-3		9-7
2007		3-1	1-2	3-1	3-2		10-6
2008		1-2	1-3	0-5	2-2		4-12
2009		1-2	1-2	2-3	1-3	0-1	5-11
2010		2-1	2-2	1-3	1-3	1-0	7-9
2011		1-2	1-3	2-2	3-1	0-1	7-9
2012		2-2	2-2	2-1	5-0		11-5
2013		4-0	3-1	3-0	3-2		13-3
2014		2-1	2-2	4-1	4-0		12-4
2015		1-2	2-2	3-1	3-1	1-0	10-6
2016		2-1	2-1-1	3-1	2-2	1-0	10-5-1
2017		1-2	4-0	2-2	2-3		9-7
2018		2-2	2-1	2-2	4-1		10-6
2019		3-1	3-1	3-0	2-3		11-5
2020		3-0	2-1	3-2	3-1	1-0	12-4
Total	**0-1**	**81-78**	**85-88-1**	**97-87**	**97-81**	**7-5**	**367-340-1**

INCLUDING PLAYOFFS

Year	Aug.	Sept.	Oct.	Nov.	Dec.	Jan./Feb.	Record	Playoffs
1976		0-3	1-4	1-3	0-2		2-12	
1977		0-2	2-3	1-3	2-1		5-9	
1978		2-2	2-3	3-1	2-1		9-7	
1979		1-4	3-1	3-1	2-1		9-7	
1980		2-2	2-2	0-5	0-3		4-12	
1981		1-3	1-3	2-3	2-1		6-10	
1982		0-2		2-0	1-3	1-0	4-5	
1983		2-2	3-2	2-2	4-1*	0-1*	11-8*	2-1
1984		4-1	3-1	4-0	2-3*		13-5*	1-1
1985		2-2	2-2	2-2	2-2		8-8	
1986		3-1	2-2	2-3	3-0		10-6	
1987		1-1	3-1	3-2	2-2	0-1*	9-7*	0-1
1988		2-2	3-2	2-2	2-2*		9-8*	0-1
1989		1-2	3-2	0-4	3-1		7-9	
1990		0-3	3-1	2-2	4-1		9-7	
1991		2-3	3-1	1-2	1-3		7-9	
1992		1-3	0-4	1-3	0-4		2-14	
1993		2-2	2-2	1-2	1-3	0-1	6-10	
1994		3-1	0-4	2-2	1-3		6-10	
1995		1-2	1-4	3-1	3-1		8-8	
1996		1-4	2-1	2-2	2-2		7-9	
1997	0-1	2-2	3-0	1-4	2-1		8-8	
1998		3-1	1-2	2-3	2-2		8-8	
1999		2-1	2-1	4-1	1-3	0-2*	9-8*	0-1
2000		2-2	0-5	2-1	2-2		6-10	
2001		1-2	2-1	2-2	3-2	1-0	9-7	
2002		1-3	1-2	2-2	3-2		7-9	
2003		3-0	2-2	3-2	2-2	0-1*	10-7*	0-1
2004		3-0	1-3	2-2	2-2	1-1*	9-8*	0-1
2005		2-1	3-1	4-0	4-0	2-2*	15-4*	2-1
2006		3-0	1-3	3-1	2-3	1-1*	10-8*	1-1
2007		3-1	1-2	3-1	3-2	1-1*	11-7*	1-1
2008		1-2	1-3	0-5	2-2		4-12	
2009		1-2	1-2	2-3	1-3	0-1	5-11	
2010		2-1	2-2	1-3	1-3	2-1*	8-10*	1-1
2011		1-2	1-3	2-2	3-1	0-1	7-9	
2012		2-2	2-2	2-1	5-0	1-1	12-6*	1-1
2013		4-0	3-1	3-0	3-2	3-0*	16-3*	3-0
2014		2-1	2-2	4-1	4-0	2-1*	14-5*	2-1
2015		1-2	2-2	3-1	3-1	2-1*	11-7*	1-1
2016		2-1	2-1-1	3-1	2-2	2-1*	11-6-1*	1-1
2017		1-2	4-0	2-2	2-3		9-7	
2018		2-2	2-1	2-2	4-1	0-1*	10-7*	0-1
2019		3-1	3-1	3-0	2-3	1-1*	12-6*	1-1
2020		3-0	2-1	3-2	3-1	1-1*	12-5*	0-1
Total	**0-1**	**81-78**	**85-88-1**	**97-87**	**100-83***	**21-21***	**384-358-1***	**17-18**

***** includes playoffs

PRIMETIME RECORD (65-33-1)

MONDAY NIGHT FOOTBALL (27-10)

Date	W/L	Score	Opponent
October 29, 1979	W	31-28	at Atlanta
November 26, 1979	W	30-7	vs. N.Y. Jets
November 17, 1980	L	19-17	vs. Oakland
November 16, 1981	W	44-23	vs. San Diego
October 29, 1984	W	24-0	at San Diego
November 12, 1984	W	17-14	at L.A. Raiders
September 23, 1985	L	35-24	vs. L.A. Rams
November 25, 1985	L	19-6	at San Francisco
October 6, 1986	W	33-7	vs. San Diego
December 8, 1986	W	37-0	vs. L.A. Raiders
November 9, 1987	L	30-14	at N.Y. Jets
November 30, 1987	L	37-14	vs. L.A. Raiders
November 28, 1988	W	35-27	vs. L.A. Raiders
December 4, 1989	W	17-16	vs. Buffalo
October 1, 1990	W	31-16	vs. Cincinnati
November 30, 1992	W	16-13 (OT)	vs. Denver
November 1, 1999	W	27-7	at Green Bay
October 2, 2000	L	24-17	at Kansas City
October 14, 2002	L	28-21	vs. San Francisco
December 6, 2004	L	43-39	vs. Dallas
December 5, 2005	W	42-0	at Philadelphia
November 6, 2006	W	16-0	vs. Oakland
November 27, 2006	W	34-24	vs. Green Bay
November 12, 2007	W	24-0	vs. San Francisco
December 12, 2011	W	30-13	vs. St. Louis
September 24, 2012	W	14-12	vs. Green Bay
October 28, 2013	W	14-9	at St. Louis
December 2, 2013	W	34-7	vs. New Orleans
October 6, 2014	W	27-17	at Washington
October 5, 2015	W	13-10	vs. Detroit
November 7, 2016	W	31-25	vs. Buffalo
November 20, 2017	L	34-31	vs. Atlanta
September 17, 2018	L	24-17	at Chicago
December 10, 2018	W	21-7	vs. Minnesota
November 11, 2019	W	27-24 (OT)	at San Francisco
December 2, 2019	W	37-30	vs. Minnesota
November 30, 2020	W	23-17	at Philadelphia

THURSDAY-SUNDAY NIGHT (38-23-1)

Date	Network	W/L	Score	Opponent
Thursday, November 27, 1980*	NBC	L	51-7	at Dallas
Friday, December 20, 1985	ABC	L	27-24	vs. Denver
Thursday, November 27, 1986*	NBC	W	31-14	at Dallas
Sunday, December 13, 1987	ESPN	W	28-21	vs. Denver
Sunday, December 11, 1988	ESPN	W	42-14	vs. Denver
Sunday, December 17, 1989	ESPN	W	23-17	vs. L.A. Raiders
Sunday, November 25, 1990	ESPN	W	13-10	at San Diego
Sunday, December 23, 1990	ESPN	W	17-12	vs. Denver
Sunday, October, 13, 1991	ESPN	L	23-20	vs. L.A. Raiders
Sunday, December 22, 1991	ESPN	W	23-9	vs. L.A. Rams
Sunday, November 22, 1992	ESPN	L	24-14	vs. Kansas City
Sunday, September 12, 1993	TNT	L	17-13	vs. L.A. Raiders
Sunday, December 18, 1994	ESPN	L	17-16	vs. L.A. Raiders
Sunday, December 17, 1995	ESPN	W	44-10	vs. L.A. Raiders

THURSDAY-SUNDAY NIGHT, CONTINUED

Date	Network	W/L	Score	Opponent
Thursday, October 17, 1996	TNT	L	34-16	at Kansas City
Sunday, December 15, 1996	ESPN	L	20-13	at Jacksonville
Sunday, December 21, 1997	ESPN	W	38-9	vs. San Francisco
Sunday, October 4, 1998	ESPN	L	17-6	at Kansas City
Sunday, November 1, 1998	ESPN	L	31-18	vs. Oakland
Sunday, October 2, 1999	ESPN	W	22-21	vs. Oakland
Sunday, November 14, 1999	ESPN	W	20-17	vs. Denver
Saturday, December 23, 2000	ESPN	L	42-23	vs. Buffalo
Sunday, November 11, 2001	ESPN	W	34-27	vs. Oakland
Sunday, December 9, 2001	ESPN	L	20-7	at Denver
Sunday, September 29, 2002	ESPN	W	48-23	vs. Minnesota
Sunday, October 12, 2003	ESPN	W	20-19	vs. San Francisco
Sunday, October 16, 2005	ESPN	W	42-10	vs. Houston
Sunday, October 1, 2006	NBC	L	37-6	at Chicago
Sunday, December 3, 2006	NBC	W	23-20	at Denver
Thursday, December 14, 2006	NFLN	L	24-14	vs. San Francisco
Sunday, October 14, 2007	NBC	L	28-17	vs. New Orleans
Sunday, October 19, 2008	NBC	L	20-10	at Tampa Bay
Thursday, November 27, 2008*	FOX	L	34-9	at Dallas
Sunday, January 2, 2011	NBC	W	16-6	vs. St. Louis
Thursday, December 1, 2011	NFLN	W	31-14	vs. Philadelphia
Thursday, October 18, 2012	NFLN	L	13-6	at San Francisco
Sunday, December 23, 2012	NBC	W	42-13	vs. San Francisco
Sunday, September 15, 2013	NBC	W	29-3	vs. San Francisco
Thursday, October 17, 2013	NFLN	W	34-22	at Arizona
Thursday, September 4, 2014	NBC	W	36-16	vs. Green Bay
Thursday, November 27, 2014*	NBC	W	19-3	at San Francisco
Sunday, December 21, 2014	NBC	W	35-6	at Arizona
Sunday, September 20, 2015	NBC	L	27-17	at Green Bay
Thursday, October 22, 2015	NFLN	W	20-3	at San Francisco
Sunday, November 15, 2015	NBC	L	39-32	vs. Arizona
Sunday, October 23, 2016	NBC	T	6-6 (OT)	at Arizona
Sunday, November 13, 2016	NBC	W	31-24	at New England
Sunday, December 4, 2016	NBC	W	40-7	vs. Carolina
Thursday, December 15, 2016	NBC/NFLN/ Twitter	W	24-3	vs. L.A. Rams
Sunday, October 1, 2017	NBC	W	46-18	vs. Indianapolis
Thursday, November 9, 2017	NBC/NFLN/ Amazon	W	22-16	at Arizona
Sunday, December 3, 2017	NBC	W	24-10	vs. Philadelphia
Sunday, October 14, 2018^	FOX	W	27-3	at Oakland
Thursday, November 15, 2018	FOX/NFLN/ Amazon	W	27-24	vs. Green Bay
Sunday, December 23, 2018	NBC	W	38-31	vs. Kansas City
Thursday, October 3, 2019	FOX/NFLN/ Amazon	W	30-29	vs. L.A. Rams
Sunday, December 8, 2019	NBC	L	28-12	at L.A. Rams
Sunday, December 29, 2019	NBC	L	26-21	vs. San Francisco
Sunday, September 20, 2020	NBC	W	35-30	vs. New England
Sunday, October 11, 2020	NBC	W	27-26	vs. Minnesota
Sunday, October 25, 2020	NBC	L	37-34 (OT)	at Arizona
Thursday, November 19, 2020	FOX/NFLN/ Amazon	W	28-21	vs. Arizona

*Thanksgiving Day Game, ^ NFL London Series

RECORD BY STARTING QUARTERBACK

BY YEAR

Year	Quarterback	Record
1976	Jim Zorn	2-12
1977	Jim Zorn	4-6
	Steve Myer	1-3
1978	Jim Zorn	9-7
1979	Jim Zorn	9-7
1980	Jim Zorn	4-12
1981	Jim Zorn	4-9
	Dave Krieg	2-1
1982	Jim Zorn	4-3
	Dave Krieg	0-2
1983	Jim Zorn	4-4
	Dave Krieg	5-3
1984	Dave Krieg	12-4
1985	Dave Krieg	8-8
1986	Dave Krieg	10-4
	Gale Gilbert	0-2
1987	Dave Krieg	7-5
	Jeff Kemp	1-0
	Bruce Mathison	1-1
1988	Dave Krieg	6-3
	Kelly Stouffer	3-3
	Jeff Kemp	0-1
1989	Dave Krieg	7-7
	Kelly Stouffer	0-2
1990	Dave Krieg	9-7
1991	Dave Krieg	4-5
	Jeff Kemp	2-3
	Dan McGwire	1-0
	Kelly Stouffer	0-1
1992	Stan Gelbaugh	0-8
	Kelly Stouffer	2-5
	Dan McGwire	0-1
1993	Rick Mirer	6-10
1994	Rick Mirer	5-8
	Dan McGwire	1-2
1995	Rick Mirer	7-6
	John Friesz	1-2
1996	Rick Mirer	2-7
	John Friesz	4-2
	Stan Gelbaugh	1-0
1997	Warren Moon	7-7
	John Friesz	0-1
	Jon Kitna	1-0
1998	Warren Moon	4-6
	Jon Kitna	3-2
	John Friesz	1-0
1999	Jon Kitna	8-7
	Glenn Foley	1-0
2000	Jon Kitna	6-6
	Brock Huard	0-4
2001	Matt Hasselbeck	5-7
	Trent Dilfer	4-0
2002	Matt Hasselbeck	5-5
	Trent Dilfer	2-4
2003	Matt Hasselbeck	10-6
2004	Matt Hasselbeck	7-7
	Trent Dilfer	2-0
2005	Matt Hasselbeck	13-3
2006	Matt Hasselbeck	7-5
	Seneca Wallace	2-2
2007	Matt Hasselbeck	10-6
2008	Seneca Wallace	3-5
	Matt Hasselbeck	1-6
	Charlie Frye	0-1
2009	Matt Hasselbeck	5-9
	Seneca Wallace	0-2
2010	Matt Hasselbeck	6-8
	Charlie Whitehurst	1-1
2011	Tarvaris Jackson	7-7
	Charlie Whitehurst	0-2
2012	Russell Wilson	11-5
2013	Russell Wilson	13-3
2014	Russell Wilson	12-4
2015	Russell Wilson	10-6
2016	Russell Wilson	10-5-1
2017	Russell Wilson	9-7
2018	Russell Wilson	10-6
2019	Russell Wilson	11-5
2020	Russell Wilson	12-4

BY COMBINED WINS

Quarterback	Combined Record	Regular Season	Post-season
R. Wilson	107-52-1	98-45-1	9-7
M. Hasselbeck	74-68	69-62	5-6
D. Krieg	73-53	70-49	3-4
J. Zorn	40-60	40-60	
R. Mirer	20-31	20-31	
J. Kitna	18-16	18-15	0-1
W. Moon	11-13	11-13	
T. Dilfer	8-4	8-4	
T. Jackson	7-7	7-7	
J. Friesz	6-5	6-5	
S. Wallace	5-9	5-9	
K. Stouffer	5-11	5-11	
J. Kemp	3-4	3-4	
D. McGwire	2-3	2-3	
G. Foley	1-0	1-0	
B. Mathison	1-1	1-1	
S. Myer	1-3	1-3	
C. Whitehurst	1-3	1-3	
S. Gelbaugh	1-8	1-8	
C. Frye	0-1	0-1	
G.Gilbert	0-2	0-2	
B. Huard	0-4	0-4	

VS. THE NFL

	Total	— — Regular Season — — Home	Road	OT	Post-season	Pre-season
Arizona	22-21-1	12-11	10-10-1	0-4-1	0-0	9-5
Arizona	22-19-1	12-10	10-9-1	0-4-1	0-0	7-2
St. Louis	0-2	0-1	0-1	0-0	0-0	2-2
Atlanta	12-6	5-4	7-2	1-0	0-2	2-0
Baltimore	3-3	2-1	1-2	0-1	0-0	0-0
Buffalo	8-6	6-3	2-3	0-0	0-0	2-0
Carolina	8-3	3-1	5-2	0-0	2-1	0-0
Chicago	11-5	5-2	6-3	1-0	0-2	3-1
Cincinnati	10-10	5-4	5-6	0-2	0-1	1-0
Cleveland	13-6	8-3	5-3	0-1	0-0	0-0
Dallas	9-10	5-4	4-6	0-0	1-1	4-2
Denver	19-35	14-13	5-22	2-5	2-0	4-10
Detroit	9-5	6-2	3-3	0-0	1-0	5-2
Green Bay	8-11	5-2	3-9	0-0	1-3	3-2
Houston	3-1	2-0	1-1	1-0	0-0	5-2
Indianapolis	5-7	4-4	1-3	0-0	0-0	8-10
Indianapolis	5-5	4-2	1-3	0-0	0-0	7-10
Baltimore	0-2	0-2	0-0	0-0	0-0	1-0
Jacksonville	5-3	3-0	2-3	0-0	0-0	0-0
Kansas City	19-33	14-12	5-21	1-1	0-0	7-1
L.A. Chargers	26-25	16-11	10-14	3-0	0-0	11-5
Los Angeles	0-1	0-1	0-0	0-0	0-0	2-1
San Diego	26-24	16-10	10-14	3-0	0-0	9-4
L.A. Rams	25-20	16-7	9-13	0-2	0-2	2-6
Los Angeles	5-10	4-4	1-6	0-0	0-1	2-6
St. Louis	20-10	12-3	8-7	0-2	0-1	0-0
Miami	5-8	3-2	2-6	0-0	1-2	0-1
Minnesota	12-5	9-2	3-3	0-0	1-0	8-9
New England	10-8	4-4	6-4	0-0	0-1	1-1
New Orleans	6-8	4-4	2-4	0-1	2-0	3-0
N.Y. Giants	9-10	5-4	4-6	1-0	0-0	0-0
N.Y. Jets	12-8	6-3	6-5	0-0	0-0	0-0
Las Vegas	25-28	15-10	10-18	0-1	1-1	13-5
Oakland	14-14	9-4	5-11	0-0	0-0	13-5
Los Angeles	11-14	6-6	5-7	0-1	1-1	0-0
Las Vegas	0-0	0-0	0-0	0-0	0-0	0-0
Philadelphia	11-7	5-5	6-2	0-1	1-0	0-0
Pittsburgh	10-8	7-1	3-7	0-0	0-1	0-0
San Francisco	27-17	15-8	12-9	1-2	1-0	13-15
Tampa Bay	9-5	5-2	4-3	2-0	0-0	3-0
Tennessee	10-6	7-2	3-4	1-0	0-1	3-0
Tennessee	4-2	3-1	1-1	0-0	0-0	2-0
Houston	6-4	4-1	2-3	1-0	0-1	1-0
Washington	6-12	1-7	5-5	0-1	3-0	0-0
TOTALS	**367-340-1**	**217-138**	**150-202-1**	**14-22-1**	**17-18**	**107-75**

PRESEASON RESULTS

1976 • PRESEASON (1-5)

Sun.	8/1	L	27-20	San Francisco 49ers	60,825
Sat.	8/7	L	27-16	Chicago Bears (Spokane, Washington)	14,484
Sat.	8/14	L	16-13	Los Angeles Rams	62,532
Sat.	8/21	L	52-7	at Denver Broncos	22,887
Sun.	8/29	W	17-16	San Diego Chargers	59,092
Sat.	9/4	L	45-28	at Oakland Raiders	51,487

1977 • PRESEASON (3-3)

Sun.	8/7	W	34-24	at San Francisco 49ers	38,024
Sat.	8/13	W	23-17 (OT)	Dallas Cowboys	58,789
Thurs.	8/18	W	12-10	Oakland Raiders	62,187
Sat.	8/27	L	16-14	Detroit Lions	56,345
Fri.	9/2	L	27-10	Denver Broncos	54,916
Sun.	9/11	L	38-20	at San Diego Chargers	27,505

1978 • PRESEASON (3-1)

Fri.	8/4	W	17-9	San Diego Chargers	58,853
Sat.	8/12	W	20-6	at San Francisco 49ers	36,069
Thurs.	8/17	L	26-7	Los Angeles Rams	63,235
Thurs.	8/24	W	16-7	Chicago Bears	54,844

1979 • PRESEASON (3-1)

Thurs.	8/2	W	12-9 (OT)	Minnesota Vikings	60,881
Sun.	8/12	W	27-17	Dallas Cowboys	59,960
Sat.	8/18	L	21-17	at Los Angeles Rams	46,083
Fri.	8/24	W	55-20	San Francisco 49ers	59,941

1980 • PRESEASON (3-1)

Thurs.	8/7	W	14-10	Atlanta Falcons	59,555
Mon.	8/18	L	24-7	Miami Dolphins	59,550
Sat.	8/23	W	10-7	at San Francisco 49ers	41,841
Fri.	8/29	W	30-23	New England Patriots	56,947

1981 • PRESEASON (1-3)

Wed.	8/5	L	27-24 (OT)	San Francisco 49ers	56,958
Fri.	8/14	L	30-21	St. Louis Cardinals	55,520
Sat.	8/22	L	24-17	at San Francisco 49ers	37,563
Fri.	8/28	W	31-17	Baltimore Colts	55,794

1982 • PRESEASON (1-3)

Fri.	8/13	W	14-0	St. Louis Cardinals	55,575
Sat.	8/21	L	7-3	at Minnesota Vikings	57,880
Sat.	8/28	L	23-13	at Los Angeles Rams	54,537
Fri.	9/3	L	17-13	San Francisco 49ers	57,839

1983 • PRESEASON (2-2)

Fri.	8/5	L	10-7	at Denver Broncos	53,887
Fri.	8/12	W	38-21	Green Bay Packers	54,443
Fri.	8/19	L	19-17	Minnesota Vikings	54,402
Sat.	8/27	W	20-6	at San Francisco 49ers	47,074

1984 • PRESEASON (4-1)

Sat.	7/28	W	38-0	Tampa Bay Buccaneers (Hall of Fame Game, Canton, Ohio)	22,250
Sat.	8/4	W	7-3	Buffalo Bills	53,360
Sat.	8/11	W	28-24	at Detroit Lions	41,414
Fri.	8/17	W	17-7	St. Louis Cardinals	53,772
Fri.	8/24	L	17-7	at San Francisco 49ers	49,219

1985 • PRESEASON (2-2)

Sat.	8/10	L	19-7	at Indianapolis Colts	60,014
Fri.	8/16	W	28-3	Detroit Lions	57,751
Sat.	8/24	W	27-10	at Minnesota Vikings	56,562
Fri.	8/30	L	23-21	San Francisco 49ers	60,403

1986 • PRESEASON (2-2)

Fri.	8/8	W	21-14	Indianapolis Colts	55,443
Fri.	8/15	L	30-27 (OT)	at Detroit Lions	37,875
Fri.	8/22	W	27-17	Minnesota Vikings	57,730
Fri.	8/29	L	21-10	at San Francisco 49ers	52,419

1987 • PRESEASON (2-2)

Thurs.	8/13	L	23-14	at Los Angeles Rams	57,772
Sat.	8/22	L	28-21	at St. Louis Cardinals	25,309
Fri.	8/28	W	38-10	Detroit Lions	59,695
Fri.	9/4	W	34-10	San Francisco 49ers	59,653

1988 • PRESEASON (3-1)

Thurs.	8/4	W	21-14	Phoenix Cardinals	54,778
Thurs.	8/11	W	16-13 (OT)	at Detroit Lions	37,993
Fri.	8/19	W	30-13	Buffalo Bills	57,000
Fri.	8/26	L	27-21	at San Francisco 49ers	53,357

1989 • PRESEASON (3-1)

Fri.	8/11	W	16-10 (OT)	at Phoenix Cardinals	37,158
Sat.	8/19	L	17-12	New England Patriots (at St. Louis, Missouri)	48,746
Fri.	8/25	W	13-7	Detroit Lions	55,829
Fri.	9/1	W	28-17	San Francisco 49ers	58,641

1990 • PRESEASON (4-1)

Sat.	8/4	L	10-7	Denver Broncos (American Bowl, Tokyo, Japan)	48,827
Sat.	8/11	W	34-9	at Phoenix Cardinals	31,316
Fri.	8/17	W	13-10	Indianapolis Colts	52,475
Fri.	8/24	W	10-3	Tampa Bay Buccaneers	52,301
Fri.	8/31	W	30-10	at San Francisco 49ers	55,269

1991 • PRESEASON (2-2)

Sat.	8/3	L	31-13	Phoenix Cardinals	49,448
Sat.	8/10	W	17-7	at Indianapolis Colts	47,943
Sat.	8/17	W	23-7	at Los Angeles Rams	47,834
Fri.	8/23	L	28-16	San Francisco 49ers	54,111

1992 • PRESEASON (2-2)

Thurs.	8/6	L	21-7	Los Angeles Rams	52,360
Sat.	8/15	W	27-10	at Indianapolis Colts	43,272
Sat.	8/22	W	17-10	Phoenix Cardinals	51,007
Fri.	8/29	L	24-17	at San Francisco 49ers	52,822

1993 • PRESEASON (2-2)

Sat.	8/7	L	16-13 (OT)	Indianapolis Colts	45,055
Sat.	8/14	L	23-10	at Minnesota Vikings	42,240
Sat.	8/21	W	30-0	San Francisco 49ers	51,086
Sat.	8/28	W	20-10	at Houston Oilers	43,678

1994 • PRESEASON (2-2)

Fri.	8/5	L	13-9	at Indianapolis Colts	40,469
Sat.	8/13	W	29-6	Tampa Bay Buccaneers*	43,633
Sat.	8/20	W	30-19	Minnesota Vikings*	45,497
Fri.	8/26	L	13-9	at San Francisco 49ers	54,004

1995 • PRESEASON (2-2)

Sat.	8/5	W	34-20	St. Louis Rams	35,607
Sat.	8/12	L	20-17	Indianapolis Colts	38,006
Sun.	8/20	W	24-19	at New Orleans Saints	38,228
Fri.	8/26	L	17-7	at San Francisco 49ers	53,280

1996 • PRESEASON (3-1)

Sat.	8/3	W	19-17	Atlanta Falcons	30,284
Thurs.	8/8	W	24-19	at Oakland Raiders	38,219
Sat.	8/17	L	15-13	at Indianapolis Colts	38,930
Fri.	8/23	W	20-3	San Francisco 49ers	38,144

PRESEASON RESULTS, continued

1997 • PRESEASON (3-2)

Sat.	7/26	L	28-26	Minnesota Vikings (Hall of Fame Game, Canton, Ohio)	23,846
Sat.	8/2	W	34-6	Arizona Cardinals	49,445
Sat.	8/9	L	21-17	at San Francisco	50,153
Sat.	8/16	W	45-3	Indianapolis Colts	52,844
Fri.	8/22	W	31-28	at Cincinnati Bengals	43,637

1998 • PRESEASON (4-1)

Sat.	7/31	W	20-19	at Dallas Cowboys	59,357
Sat.	8/8	W	24-21	Indianapolis Colts	52,645
Sat.	8/15	L	24-21	San Francisco 49ers (American Bowl, Vancouver, B.C.)	45,202
Sat.	8/22	W	31-24	at Arizona Cardinals	32,683
Fri.	8/28	W	21-20	San Francisco 49ers	57,014

1999 • PRESEASON (1-3)

Sat.	8/14	L	24-10	Buffalo Bills	66,285
Thurs.	8/19	L	24-23	at San Francisco 49ers	66,193
Sat.	8/28	W	41-7	Arizona Cardinals	66,277
Thurs.	9/2	L	31-28	at Indianapolis Colts	41,074

2000 • PRESEASON (2-2)

Sat.	8/5	W	28-16	Indianapolis Colts*	68,578
Sat.	8/12	L	21-3	at Arizona Cardinals	34,774
Sat.	8/19	W	25-21	San Francisco 49ers*	68,579
Thurs.	8/24	L	20-0	at Oakland Raiders	32,012

2001 • PRESEASON (2-2)

Sat.	8/11	L	28-21	at Indianapolis Colts	45,089
Sat.	8/18	L	16-13 (OT)	Arizona Cardinals*	47,553
Sat.	8/25	W	28-18	at San Francisco 49ers	63,887
Sat.	9/1	W	28-14	New Orleans Saints*	68,665

2002 • PRESEASON (1-3)

Sat.	8/10	L	28-10	Indianapolis Colts	52,902
Fri.	8/16	L	24-14	at San Diego Chargers	N/A
Sat.	8/24	W	17-14	Kansas City Chiefs	49,036
Thurs.	8/29	L	31-0	at Denver Broncos	71,755

2003 • PRESEASON (2-2)

Sat.	8/9	W	20-7	San Diego Chargers	37,763
Fri.	8/15	L	21-7	at Indianapolis Colts	37,469
Sat.	8/23	W	42-31	Kansas City Chiefs	39,833
Fri.	8/29	L	20-3	at Denver Broncos	73,038

2004 • PRESEASON (3-1)

Mon.	8/16	W	21-3	at Green Bay Packers	69,718
Sat.	8/21	L	19-3	Denver Broncos	48,090
Fri.	8/27	W	26-20	at San Diego Chargers	35,536
Thurs.	9/2	W	23-21	Minnesota Vikings	50,198

2005 • PRESEASON (2-2)

Sat.	8/12	W	34-15	at New Orleans Saints	38,529
Mon.	8/22	L	18-10	Dallas Cowboys	47,641
Fri.	8/26	W	23-17	at Kansas City Chiefs	74,158
Fri.	9/2	L	23-21	Minnesota Vikings	63,746

2006 • PRESEASON (2-2)

Fri.	8/12	L	13-3	Dallas Cowboys	66,304
Sun.	8/20	W	30-17	at Indianapolis Colts	56,596
Sat.	8/26	L	31-20	at San Diego Chargers	51,878
Thurs.	8/31	W	30-7	Oakland Raiders	67,158

2007 • PRESEASON (3-1)

Sun.	8/12	W	24-16	at San Diego Chargers	57,500
Sat.	8/18	L	48-13	at Green Bay Packers	69,761
Sat.	8/25	W	30-13	Minnesota Vikings	66,723
Thurs.	8/30	W	19-14	Oakland Raiders	66,700

2008 • PRESEASON (3-1)

Fri.	8/8	W	34-17	at Minnesota Vikings	62,545
Sat.	8/18	W	29-26	Chicago Bears	67,360
Mon.	8/25	L	18-17	at San Diego Chargers	52,763
Fri.	8/29	W	23-16	Oakland Raiders	67,163

2009 • PRESEASON (4-0)

Sat.	8/15	W	20-14	at San Diego Chargers	58,373
Sat.	8/22	W	27-13	Denver Broncos	67,052
Sat.	8/29	W	14-10	at Kansas City Chiefs	66,553
Thurs.	9/3	W	31-21	Oakland Raiders	66,697

2010 • PRESEASON (1-3)

Sat.	8/14	W	20-18	Tennessee Titans	65,352
Sat.	8/21	L	27-24	Green Bay Packers	65,586
Sat.	8/28	L	24-13	at Minnesota Vikings	63,550
Thurs.	9/2	L	27-24	at Oakland Raiders	23,957

2011 • PRESEASON (2-2)

Thurs.	8/11	W	24-17	at San Diego Chargers	55,318
Sat.	8/20	L	20-7	Minnesota Vikings	65,599
Sat.	8/27	L	23-20	at Denver Broncos	72,347
Fri.	9/2	W	20-3	Oakland Raiders	65,418

2012 • PRESEASON (4-0)

Sat.	8/11	W	27-17	Tennessee Titans	65,589
Sat.	8/18	W	30-10	at Denver Broncos	74,012
Fri.	8/24	W	44-14	at Kansas City Chiefs	63,870
Thurs.	8/30	W	21-3	Oakland Raiders	66,157

2013 • PRESEASON (4-0)

Thurs.	8/8	W	31-10	at San Diego Chargers	54,709
Sat.	8/17	W	40-10	Denver Broncos	67,635
Fri.	8/23	W	17-10	at Green Bay	74,030
Thurs.	8/29	W	22-6	Oakland Raiders	67,341

2014 • PRESEASON (2-2)

Thurs.	8/7	L	21-16	at Denver Broncos	75,583
Fri.	8/15	W	41-14	San Diego Chargers	67,615
Fri.	8/22	W	34-6	Chicago Bears	67,608
Thurs.	8/28	L	41-31	at Oakland Raiders	50,831

2015 • PRESEASON (2-2)

Fri.	8/14	L	22-20	Denver Broncos	68,677
Fri.	8/21	L	14-13	at Kansas City Chiefs	71,915
Sat.	8/29	W	16-15	at San Diego Chargers	58,556
Thurs.	9/3	W	31-21	Oakland Raiders	68,032

2016 • PRESEASON (3-1)

Sat.	8/13	W	17-16	at Kansas City Chiefs	69,816
Thurs.	8/18	L	18-11	Minnesota Vikings	68,469
Thurs.	8/25	W	27-17	Dallas Cowboys	68,505
Thurs.	9/1	W	23-21	at Oakland Raiders	53,473

2017 • PRESEASON (4-0)

Sun.	8/13	W	48-17	at L.A. Chargers	21,054
Fri.	8/18	W	20-13	Minnesota Vikings	68,550
Fri.	8/25	W	26-13	Kansas City	68,541
Thurs.	8/31	W	17-13	at Oakland Raiders	53,812

2018 • PRESEASON (0-4)

Thurs.	8/9	L	19-17	Indianapolis Colts	68,418
Sat.	8/18	L	24-14	at L.A. Chargers	23,211
Fri.	8/24	L	21-20	at Minnesota Vikings	66,676
Thurs.	8/30	L	30-19	Oakland Raiders	68,554

2019 • PRESEASON (3-1)

Thurs.	8/8	W	22-14	Denver Broncos	68,295
Sun.	8/18	L	25-19	at Minnesota Vikings	66,636
Sat.	8/24	W	23-15	at L.A. Chargers	23,377
Thurs.	8/29	W	17-15	Oakland Raiders	68,461

2020 • PRESEASON (0-0)

No games played due to the COVID-19 pandemic.

FRANCHISE HISTORY

1972

06/15 Seattle Professional Football, a group of business and community leaders, announces their intention to attempt to secure a National Football League franchise for the City of Seattle. Herman Sarkowsky serves as spokesman for the group.

11/02 Construction begins on the Kingdome.

1974

06/04 The National Football League announces that Seattle will have a franchise for the 1976 season.

12/05 The National Football League announces that it has voted membership to Seattle Professional Football, Inc., headed by Lloyd W. Nordstrom with partners Herman Sarkowsky, D.E. "Ned" Skinner, Howard S. Wright, M. Lamont Bean, and Lynn P. Himmelman.

1975

03/06 John Thompson, Executive Director of the NFL Management Council, named General Manager.

06/17 Nickname "Seahawks" selected from 20,365 entries and 1,741 different names. One hundred fifty-one suggest "Seahawks."

07/25 Season ticket applications mailed.

07/28 Season ticket applications accepted — 24,168 received the first day.

08/23 Season ticket sales closed after target of 59,000 reached.

12/18 Seahawks agree to a 20-year lease agreement to play all games in the Kingdome.

1976

01/03 Jack Patera, defensive line coach of the Minnesota Vikings, named head coach.

01/20 Lloyd W. Nordstrom, spokesman for the Nordstrom family, the Seahawks' majority owner, dies of a heart attack while vacationing in Mexico.

03/30 Veteran Allocation held in New York City. Seahawks select 39 NFL veterans.

04/8-9 Seahawks select 25 collegians in their first college draft. Notre Dame's Steve Niehaus is the first choice and he flies to Seattle for evening news conference on April 8. Seahawks open training camp at Eastern Washington Stage College in Cheney.

08/01 Seahawks play first game before 60,825 fans in the Kingdome. San Francisco holds on to defeat Seattle, 27-20, as Jim Zorn is tackled on the 49ers' 2-yard line when the gun sounds.

08/29 Seahawks capture first victory, a 17-16 preseason win over San Diego, as Ron Howard catches a 3-yard Jim Zorn pass for the winning touchdown with only 13 seconds remaining in the contest.

09/12 Seattle opens regular season play with a near miss against St. Louis, 30-24. The game ends with the Cardinals intercepting a pass in the end zone.

10/17 Seahawks win Expansion Bowl with 13-10 victory over host Tampa Bay. Linebacker Mike Curtis blocks a Tampa Bay field goal attempt with 42 seconds remaining to preserve the victory.

11/07 Seahawks capture their first regular season victory at home with a 30-13 win over Atlanta. Sherman Smith becomes the first Seattle back to rush for over 100 yards with 124 yards on 14 carries.

1977

01/17 Seahawks host the Pro Bowl and it is the first sellout in the 27-year history of the game and is the largest crowd under the AFC vs. NFC format. AFC scores a 24-14 win before 63,214 fans.

05/03 Seattle trades its first-round draft choice, the second player in the draft, to Dallas for the Cowboys' first-round selection and three second-round picks. The Seahawks select Steve August, offensive guard from Tulsa, in the first round.

10/30 After missing four games with an injury, Jim Zorn returns to lead Seattle to a 56-17 triumph over Buffalo. The Seahawks set 15 club records and equal six, including Zorn's four TD passes.

11/13 Seattle defense blanks the New York Jets, 17-0, in Shea Stadium, the first time an established team is shutout by a second-year team.

12/18 Seahawks win their fifth game of the year, a 20-19 decision over Cleveland before 61,583 fans in the Kingdome, to establish a record for most wins ever by a second-year expansion team.

1978

05/03 Keith Simpson, cornerback from Memphis State, is selected as Seattle's first-round draft choice followed by his college teammate Keith Butler, a linebacker, in the second round.

10/08 Efren Herrera kicks a 19-yard field goal on the final play of the game to give Seattle a 29-28 win over the Minnesota Vikings.

11/26 Seattle becomes the first team since 1965 to beat Oakland twice during the regular season with a 17-16 win on Efren Herrera's 46-yard field goal with just three seconds remaining.

12/17 Seahawks end their third season with a 9-7 record and finish one game behind Denver in the AFC West standings following a 23-19 win over Kansas City. Al Hunter rushes for 133 yards on 27 carries as Seahawks perform before sixth-straight home sellout crowd.

FRANCHISE HISTORY

1979

01/29 Steve Largent catches a record-equaling five passes as Seattle's first representative to the Pro Bowl. National Football Conference defeats Largent and his AFC teammates, 13-7, in the Los Angeles Memorial Coliseum.

05/03 Manu Tuiasosopo, defensive tackle from UCLA, becomes Seattle's first-round draft choice.

10/29 After trailing 14-0, the Seahawks rebound for a 31-28 win over Atlanta in Seattle's first appearance on ABC's Monday Night Football. Dan Doornink rushes for 122 yards on 21 carries and scores twice.

12/16 The Seahawks close out their second straight 9-7 season with a 29-24 win over Oakland. Sam McCullum sets a club record with 173 yards receiving on eight catches.

1980

04/29 Seattle trades its first-round draft choice (#16) and a third-round pick to Buffalo for the Bills' first-round choice, the tenth player in the draft. The Seahawks then select defensive end Jacob Green of Texas A&M in the first round.

09/28 Seahawks score second shutout in the club's history with a 14-0 win over Washington Redskins in Robert F. Kennedy Memorial Stadium.

10/05 Sam McCullum catches two touchdown passes and Efren Herrera kicks four field goals in 26-7 win over Houston at the Astrodome. The win would prove to be Seattle's last of the season.

1981

04/28 Seahawks select UCLA safety Kenny Easley in the first round of the NFL draft.

11/08 Seattle holds the Pittsburgh Steelers scoreless in the second half and rallies for a pair of fourth quarter touchdowns to capture a 24-21 victory at the Kingdome.

11/16 The Seahawks score on their last eight possessions to defeat the San Diego Chargers, 44-23, on Monday Night Football. It is the Seahawks' first regular season victory over the Chargers after eight straight losses.

1982

03/11 Mike McCormack, former head coach with the Philadelphia Eagles and Baltimore Colts, is named Director of Football Operations.

04/27 Seahawks select Clemson defensive end Jeff Bryant in the first round of the college draft.

09/21 Players go on strike for 57 days.

10/13 Mike McCormack named interim head coach after the firing of head coach Jack Patera and general manager John Thompson.

11/28 Seahawks shutout the Pittsburgh Steelers, 16-0, for the club's third shutout in history and first at the Kingdome.

1983

01/02 Seahawks conclude nine-game season with a 13-11 win over the Denver Broncos as Dave Krieg throws a 19-yard touchdown pass to Roger Carr with 47 seconds left. The Seahawks drive 87 yards in 10 plays with no timeouts to score the winning touchdown. Seattle finishes the season 4-5 but were 4-3 under Mike McCormack.

01/03 Mike McCormack named President and General Manager after previously serving as Director of Football Operations since March 11, 1982, and interim head coach since October 13, 1982.

01/26 Chuck Knox named head coach. Knox previously had served as head coach of the Los Angeles Rams (1973-77) and the Buffalo Bills (1978-82). He guided seven-of-his-ten teams to the playoffs, while winning six division championships.

03/15 Chuck Allen, who joined the Seahawks staff in June of 1975 as Director of Pro Scouting, named Assistant General Manager.

04/26 Seattle selects Penn State running back Curt Warner in the NFL Draft. Warner is the third player taken in the first round. To be able to get Warner, the Seahawks trade their first, second and third-round selections to the Houston Oilers for the Oilers first-round pick.

09/11 Seahawks win first game under Chuck Knox, 17-10, over the New York Jets, as the club sets a team record with 57 rushing attempts and Curt Warner gains 128 yards on 24 carries.

10/16 Seahawks force eight turnovers and register eight sacks in 38-36 victory over the Los Angeles Raiders.

10/30 Seahawks make it two straight over Raiders with 34-21 win.

12/18 Seahawks clinch first playoff berth with 24-6 win over New England.

12/24 Dave Krieg throws three touchdown passes and Curt Warner rushes for 99 yards in 31-7 win over Denver in the AFC Wild Card Game before 60,752 fans in Kingdome.

12/31 Seahawks drive 66 yards in five plays late in the fourth quarter to capture divisional playoff win over Miami, 27-20, before 71,032 fans at the Orange Bowl.

1984

01/08 Los Angeles Raiders defeat the Seahawks, 30-14, in the AFC Championship Game at the Los Angeles Memorial Coliseum before 88,734 fans.

05/01 Seahawks select cornerback Terry Taylor of Southern Illinois as their first-round choice in the annual NFL Draft.

09/03 Seahawks win regular season opener for the first time in franchise history, 33-0, over the Cleveland Browns. The enthusiasm is dampened by a knee injury to Curt Warner which will keep him out for the rest of the season.

10/29 Seahawks post their second shutout of the season with a 24-0 victory over the San Diego Chargers on Monday Night Football. Kenny Easley intercepts a club record three passes and Steve Largent catches three touchdown passes.

11/04 Seahawks set an NFL record by returning four interceptions for touchdowns, including two by Dave Brown, in a 45-0 win over the Kansas City Chiefs. Kenny Easley and Keith Simpson had the other two interception returns for touchdowns.

11/25 Dave Krieg throws for 406 yards and three touchdowns, including an 80-yarder to Daryl Turner on the first play of the game, to lead the Seahawks past Denver, 27-24. Steve Largent catches 12 passes for 191 yards and one score.

12/02 Seahawks clinch playoff berth with a 38-17 win over Detroit as Dave Krieg throws a team record five touchdown passes.

12/15 Seahawks officially retire jersey #12 in honor of their fans, the 12th Man. Seattle becomes the first professional sports franchise to retire a jersey in honor of their fans.

12/22 Seattle eliminates the defending Super Bowl Champion Los Angeles Raiders, 13-7, from the playoffs in the AFC Wild Card Game at the Kingdome. Seahawks rush for 205 yards and force three turnovers, along with registering six sacks, in the victory.

12/29 Miami defeats the Seahawks, 31-10, in an AFC Divisional Playoff Game at the Orange Bowl.

1985

06/18 Seahawks and Northwest College agree to a long-term lease for a new practice and office complex for the club in Kirkland. The facility will be built on 12 acres adjacent to Northwest College. A 36,000-square foot building will house the club's administrative offices, locker room and training facilities.

07/20 Seahawks open their tenth and final training camp at Eastern Washington University in Cheney.

09/08 Curt Warner returns to the Seattle lineup after missing all but the 1984 opener as the Seahawks defeat Cincinnati, 28-24, at Riverfront Stadium. Warner gains 66 yards on 17 carries and scores the game-winning touchdown on an 11-yard run with 7:07 remaining.

09/15 Daryl Turner sets a club record with four touchdown catches and Dave Krieg equals another with five touchdown passes in Seattle's 49-35 victory over the San Diego Chargers at Jack Murphy Stadium.

10/13 Dave Krieg passes for 405 yards and four touchdowns, including a 12-yarder to Paul Skansi for the winning touchdown with 35 seconds remaining, as Seahawks defeat Atlanta, 30-26. Krieg directs the Seahawks 86 yards in 16 plays on the winning drive.

goal attempt that is recovered by Byron Walker and returned 56 yards for a touchdown in Seattle's 33-3 win over the Los Angeles Raiders at the Kingdome.

1986

04/29 Seahawks select Florida fullback John L. Williams as their first-round draft choice. Williams is the 15th player picked overall.

06/18 Seahawks move into new headquarters on a 12-acre site adjacent to Northwest College in Kirkland.

07/16 Seahawks open their 11th training camp and first in Kirkland.

09/07 Seahawks kickoff their 1986 regular season schedule with a 30-0 victory over the Pittsburgh Steelers at the Kingdome.

10/06 Seahawks defeat San Diego Chargers, 33-7, on Monday Night Football as Steve Largent breaks NFL record for most consecutive games with a pass reception. Largent catches a pass in the 128th straight game in which he participated.

10/19 Jacob Green registers four sacks and Dave Brown intercepts two passes in leading Seattle to a 17-12 win over the eventual Super Bowl champion New York Giants.

11/27 Seahawks defeat the Dallas Cowboys, 31-14, on Thanksgiving Day as Curt Warner runs for 122 yards and Dave Krieg completes 16-of-24 passes for 214 yards and two touchdowns.

12/08 Seattle hands the Los Angeles Raiders their biggest defeat since 1962, 37-0, as Curt Warner gains 116 yards and Dave Krieg passes for 243 yards and two touchdowns. Seattle gains 407 yards in total offense, while the defense holds the Raiders to 138 yards.

12/20 Seahawks close out five-game winning streak and a 10-6 season by defeating eventual AFC Champion Denver, 41-16. The Seahawks gain a season high 536 yards, including a club record 298 yards rushing, led by Curt Warner's 192 yards and three touchdowns on 24 carries.

1987

04/28 Seahawks select University of Pittsburgh linebacker Tony Woods in the first round of the NFL Draft. Woods is the 18th player picked.

06/12 Seahawks win lottery for first choice in supplemental draft and select University of Oklahoma linebacker Brian Bosworth.

09/13 After first two regular season games, NFL Players Association calls a strike that will last four weeks. Games for Sunday, September 18, are cancelled.

10/25 Seahawks defeat the Los Angeles Raiders, 35-13, in first game with regulars following the strike. Seattle builds up a 28-0 halftime lead and wins in Los Angeles for the first time since 1983.

12/13 Dave Krieg completes 23-of-33 passes for 238 yards and Ray Butler catches six passes for 107 yards and two touchdowns in leading Seattle past Denver, 28-21, at the Kingdome.

12/20 Seahawks clinch playoff berth with a 34-21 win over the Chicago Bears at Soldier Field. John L. Williams sparks the offense with a 75-yard touchdown on a screen pass from Dave Krieg and the defense contributes five takeaways.

12/27 Steve Largent catches six passes in a 41-20 loss at Kansas City and becomes the NFL's all-time leading receiver with 751. Largent breaks the previous record of 750 by Charlie Joiner.

1988

01/03 Seahawks close out the 1987 season with a 23-20 overtime loss to the Houston Oilers at the Astrodome in the AFC First-Round Playoff Game.

04/24 Seahawks use their second-round choice in the draft to select University of Miami wide receiver Brian Blades. The Seahawks first-round pick had been exercised in the June 1987 supplemental draft.

08/30 Ken Behring and Ken Hofmann complete their purchase of the Seahawks from the Nordstrom family.

09/04 Seahawks open 13th season with a 21-14 win at Denver over the two-time defending AFC Champion Broncos. Curt Warner scores twice and John L. Williams accounts for 161 yards from scrimmage. It is Seattle's first win in Denver since 1984.

09/18 Steve Largent becomes the NFL's all-time leader in pass receiving yards with 12,167 at San Diego, but the Seahawks lose to the Chargers, 17-6. Largent breaks Charlie Joiner's record of 12,146 yards.

10/02 Rookie quarterback Kelly Stouffer makes his first NFL start for an injured Dave Krieg and leads the Seahawks to a 31-20 win over the Atlanta Falcons in Atlanta. John L. Williams ties a team record with three rushing touchdowns.

11/13 Seahawks defeat the Houston Oilers, 27-24, as Dave Krieg returns after missing seven games with a shoulder separation. Krieg engineers a 10-play drive to set up Norm Johnson's game-winning field goal with less than one second left.

11/28 Dave Krieg equals his own team record with five touchdown passes as Seahawks defeat the Los Angeles Raiders, 35-27, on Monday night in the Kingdome. Curt Warner (130) and John L. Williams (105) become the first pair of Seahawks to each gain over 100 yards rushing in the same game.

12/11 Seahawks score touchdowns on their first six possessions in a 42-17 win over Denver. Curt Warner establishes a team record with four rushing touchdowns. Warner (126) and John L. Williams (109) each top 100 yards rushing.

tory.

12/31 Seahawks are eliminated from the playoffs by the eventual AFC Champion Cincinnati Bengals, 21-13, in Riverfront Stadium.

1989

02/22 Tom Flores named President/General Manager, replacing Mike McCormack. Flores guided the Los Angeles Raiders to an 83-53 regular season record and two Super Bowl titles in nine seasons, 1979-87, as their head coach.

04/23 Seahawks select Notre Dame tackle Andy Heck with the fifteenth pick of the first round of the draft.

09/10 Seahawks lose regular season opener in Philadelphia, 31-7, and also lose wide receiver Steve Largent for six weeks with a broken elbow. Largent, however, scores Seattle's only touchdown.

10/29 Dave Krieg and Brian Blades combine on a 21-yard touchdown pass with 40 seconds left in a 10-7 win over the San Diego Chargers. The win is the 100th in regular season play for the Seahawks. Blades catches a career high 10 passes for 117 yards.

11/26 Steve Largent ties Don Hutson's NFL record of 99 career receiving touchdowns in the Seahawks 41-14 loss at Denver.

12/04 Dave Krieg ignites a three-game winning streak with 298 yards passing and the game-winning touchdown pass in a 17-16 Monday night win over Buffalo.

12/10 Seahawks win 24-17 at Cincinnati as Dave Krieg throws three touchdown passes. One goes to Steve Largent, the NFL record 100th of his career.

12/17 John L. Williams catches a career high 12 passes for 129 yards as the Seahawks defeat the Los Angeles Raiders, 23-17.

12/23 Seahawks close out the season with a 29-0 loss to the Washington Redskins. In pregame ceremonies, retiring wide receiver Steve Largent is honored and his is the first name inducted in the Seahawks Ring of Honor.

1990

04/22 Seahawks trade four draft choices to the New England Patriots, including two first-round choices, to move up and select University of Miami defensive tackle Cortez Kennedy with the third overall choice. Seahawks also receive a second-round choice from the Patriots which they use to select Syracuse University linebacker Terry Wooden.

08/04 Seahawks play their first-ever international game as they drop a 10-7 preseason decision to the Denver Broncos in Tokyo, Japan.

10/01 Seahawks defeat the Cincinnati Bengals, 31-16, for their first win after opening the season with three consecutive losses. Derrick Fenner scores three touchdowns for the second straight week.

11/11 Seahawks score their first win in Kansas City's Arrowhead Stadium since 1980 as Dave Krieg throws a 25-yard touchdown pass to Paul Skansi as time expires. The PAT gives Seattle a 17-16 win and starts a four-game streak of games decided on the last play. The win is the 159th of Chuck Knox's career, moving him into seventh place all-time.

11/25 Norm Johnson's 40-yard field goal 3:01 into overtime gives the Seahawks a 13-10 win at San Diego. Seattle forces and recovers a pair of fumbles, the first with 48 seconds left in regulation and the second with 1:34 gone in overtime.

12/02 In almost a replay from the week before, Seattle defeats the Houston Oilers 13-10 in overtime after recovering a fumble. Norm Johnson connects from 42 yards out after David Wyman recovers a Tony Woods-forced fumble. Seahawks become only the third team in NFL history to win back-to-back overtime games.

12/09 The Seahawks defense sets single-game records for fewest rushing first downs (0) and rushing yards allowed (13) in a game in a 20-14 win over the Green Bay Packers in Milwaukee.

12/23 Seattle moves over the .500 mark with a 17-12 win over the Denver Broncos. The Broncos are penalized on the game's last play, negating what would have been a game-winning touchdown pass.

12/30 Derrick Fenner scores two touchdowns for the fourth time as Seattle defeats the Detroit Lions, 30-10, in the Kingdome, to finish at 9-7 after an 0-3 start. Fenner ends the season equalling team records for total touchdowns (15) and rushing touchdowns (14), totals that lead the AFC.

1991

04/21 Seahawks select San Diego State quarterback Dan McGwire with the 16th pick in the first round of the 1991 NFL Draft. The 6-8, 243-pound McGwire is the first quarterback ever selected in the first round by Seattle.

04/25 Head Coach Chuck Knox agrees to a two-year contract extension.

08/03 Quarterback Jim Zorn (1976-84) becomes the second person inducted into the Seahawks Ring of Honor. 9/1 Seahawks drop season opener, 27-24, at New Orleans and lose starting quarterback Dave Krieg for six weeks with a broken thumb in the process. Wide receiver Brian Blades sets career highs with 12 receptions, 160 yards, and two touchdowns.

09/08 Jeff Kemp makes his first start since September 25, 1988, and throws two touchdown passes in a 20-13 win over the New York Jets. One goes to Travis McNeal, the first of his career.

09/29 Chris Warren's 59-yard punt return touchdown, the first by a Seahawks player since 1986, sparks a 31-3 win over the visiting Indianapolis Colts. The defense limits the Colts to 137 yards and records five sacks. Rookie first-round draft choice Dan McGwire starts and plays the first half, engineering a 50-yard touchdown drive on his first possession.

10/6 The Seahawks defense stops the Cincinnati Bengals on a 4th-and-four inches

10/20 Dave Krieg returns from missing six games on injured reserve to lead Seattle to a 27-7 win at Pittsburgh. Krieg throws for 266 yards, completing 25-of-31 passes, and two scores.

10/27 John Kasay equals an NFL record with two field goals of 50-or-more yards in a 20-9 win over the San Diego Chargers. Kasay connects from 54 and 51 yards. The 54-yarder equals the team record.

11/24 The defense forces four turnovers and has five sacks, three by Rufus Porter, in a 13-10 win over the eventual AFC West Champion Denver Broncos in the Kingdome. Additionally, the defense twice holds on downs inside Seahawks territory in the game's last 4:49.

12/22 Seattle finishes their 16th season with a 7-9 record after defeating the Los Angeles Rams, 23-9, in the Kingdome. It was the first win by the Seahawks over the Rams in five regular season games. James Jones rushes for a pair of scores, while the defense keeps their third 1991 opponent out of the end zone.

12/27 The Seahawks and Head Coach Chuck Knox agree to mutually end Knox's nine-year tenure as head coach. Knox leaves having compiled an 80-63-0 (55.9%) regular season record. He guided the Seahawks to four playoff appearances, including an AFC West title in 1988 and a berth in the AFC Championship Game in 1983.

1992

01/06 Seahawks President/General Manager Tom Flores is named President/Head Coach. Flores coached nine seasons, 1979-87, with the Oakland/Los Angeles Raiders and compiled an 83-53-0 (61.0%) regular season record. He led the Raiders to two Super Bowl Championships, XV and XVIII, the only Super Bowls won by the AFC in the decade of the 1980s.

01/08 Larry Kennan, Coach of the Year in the World League of American Football in 1991, is named Offensive Coordinator/Quarterbacks Coach. Kennan guided the London Monarchs to an 11-1 record and WLAF Championship in the league's first season. Kennan served as an NFL assistant with the Los Angeles Raiders (1982-87), Denver Broncos (1988) and Indianapolis Colts (1989-90).

01/09 Seahawks defensive assistants George Dyer (line), Rod Perry (secondary), and Joe Vitt (special assignments), along with John Becker (offensive coordinator/wide receivers) and Chick Harris (running backs) leave the Seahawks to join Chuck Knox with the Los Angeles Rams.

01/11 Seahawks Assistant Head Coach Tom Catlin announces he will stay with the Seahawks as assistant head coach/defense. In addition, Rusty Tillman is promoted from special teams coach to defensive coordinator, Russ Purnell from tight ends and assistant special teams to special teams and tight ends coach, and Paul Moyer from staff assistant to defensive backfield coach.

01/21 Offensive Line Coach Hudson Houck and Running Backs Coach Clarence Shelmon are added to Tom Flores' staff. Both coaches come to the Seahawks from the Los Angeles Rams.

01/22 Bob Bratkowski, offensive coordinator at the University of Miami for the past three seasons, is named wide receivers coach. Bratkowski's father Zeke, is a former NFL quarterback and NFL assistant coach.

01/23 Tommy Brasher is named defensive line coach. Brasher has coached nine seasons in the NFL and 12 in college.

01/24 Former Seahawks cornerback Dave Brown (1976-86) returns to the club as a defensive assistant. An original member of the Seahawks, Brown still holds career records with 50 interceptions and four interception return touchdowns.

08/22 Dave Brown becomes the third inductee into the Seahawks Ring of Honor.

09/06 Cincinnati Bengals spoil Tom Flores' Seahawks coaching debut with a 21-3 Kingdome win.

09/20 Flores gains first win as Seahawks head coach, 10-6, at New England. Cortez Kennedy has four-and-a-half tackles for loss, including three sacks, to lead the defense while Chris Warren rushes for 122 yards and one score on 24 carries to lead the offense. It's Warren's first career 100-yard game.

11/08 Chris Warren's 103 yards aren't enough as the Washington Redskins post a 16-3 Kingdome win.

11/22 Chris Warren rushes for a career-high 154 yards, including a touchdown, but the Kansas City Chiefs take a 24-14 win.

11/30 In pregame ceremonies, play-by-play broadcaster Pete Gross is inducted into the Seahawks Ring of Honor. The Seahawks then defeat the Denver Broncos 16-13 in overtime, snapping an eight-game losing streak. Brian Blades makes his first appearance since injuring his shoulder on opening day and catches the game-tying touchdown pass on the game's last play. John Kasay's 32-yard field goal 11:10 into overtime is the winner. The game also is the team record third straight that the Seahawks defense held the opposition to under 200 total yards.

12/02 KIRO Newsradio 710's Pete Gross, the only play-by-play broadcaster in the Seahawks 17-year history, dies after a four-year battle with cancer.

12/06 The Pittsburgh Steelers take a 20-14 comeback win in Pittsburgh, despite Eugene Robinson's record-equalling three interceptions.

12/13 Roger Ruzek's 44-yard field goal as time expires in overtime gives the visiting Philadelphia Eagles a 16-13 win. The game is the longest in Seattle's history (75:00).

12/27 Seattle closes out the regular season with a 31-14 Kingdome loss to the AFC West Champion San Diego Chargers. Chris Warren becomes only the second player in franchise history to rush for 1,000 yards, finishing the season with 1,017.

is placed in charge of both professional and college personnel.

01/28 Howard Mudd is named offensive line coach replacing Hudson Houck, who joined the Dallas Cowboys. Mudd is an eight-year NFL veteran guard and a 19-year NFL assistant, including a stint with the Seahawks from 1978-82.

02/05 Phil Neri, a Seahawks scout since 1985, is named College Scouting Director.

03/12 Ferrell Edmunds, two-time Pro Bowl tight end with the Miami Dolphins, signs as an unrestricted free agent. Edmunds, a five-year veteran, is the first free agent to sign with the Seahawks under the NFL new free agency system.

04/01 Wide receiver Kelvin Martin of the Super Bowl champion Dallas Cowboys is signed as an unrestricted free agent.

04/20 Four-time Pro Bowl center Ray Donaldson signs with the Seahawks as a free agent.

04/25 University of Notre Dame quarterback Rick Mirer is selected by the Seahawks in the first round of the NFL draft. Mirer is the second player chosen overall.

09/19 Chris Warren rushes a club record 36 times for a personal best 174 yards in a 17-14 win over the Patriots in New England, Seattle's first win after two losses.

09/26 Rod Stephens' fumble recovery in the end zone provides the winning touchdown in a 19-10 win at Cincinnati.

10/03 Seattle makes it three straight with a 31-14 win over the San Diego Chargers in the Kingdome. Rookie Rick Mirer passes for 282 yards and a score and also rushes for a touchdown. The three-game winning streak is the Seahawks longest since 1990.

10/24 Rick Mirer throws the game-winning touchdown pass to Brian Blades with 25 seconds left in a 10-9 win over New England in the Kingdome.

11/14 Eugene Robinson records 11 tackles, two interceptions, two forced fumble, and one fumble recovery to spark a 22-5 win over the visiting Cleveland Browns. In all, the Seahawks defense forces seven turnovers and accounts for a touchdown and a safety.

12/26 Chris Warren rushes for 168 yards to become the second Seattle player to have back-to-back 1,000-yard seasons, but the Phoenix Cardinals tie the game on the last play of regulation and go on to a 30-27 overtime win in the Kingdome.

12/26 Jon Vaughn, who learned during warmups that he would start for an injured Chris Warren (abdominal muscle), rushes for a career-high 131 yards in a 16-6 win over the Pittsburgh Steelers. Seattle gains 267 yards rushing, giving them back-to-back 200-yard rushing games for the first time in franchise history.

1994

01/02 The Seahawks finish the season 6-10 after dropping a 34-24 decision to the AFC West Champion Kansas City Chiefs in Arrowhead Stadium. John L. Williams rushes for 102 yards, to give the Seahawks three straight games with an individual over 100 yards, a franchise first. Rick Mirer becomes the first rookie quarterback since 1973 to start all his team's games and only the third since the 1970 merger. Mirer ends the season with NFL rookie passing records for attempts (486), completions (274), and yards (2,833), while helping to improve Seattle's win total by four games.

02/24 Nate Odomes, two-time Pro Bowl cornerback of the Buffalo Bills signs as a free agent.

02/28 Odomes' Buffalo teammate and fellow two-time Pro Bowler, tackle Howard Ballard signs as a free agent.

04/24 Texas A&M University defensive tackle Sam Adams is the Seahawks first-round draft choice. Adams is the eighth player picked in the first round.

07/19 Kingdome ceiling tiles fall from roof forcing closure of the building until November 5. Seahawks play both preseason games and first three regular season games in the University of Washington's 72,500 seat Husky Stadium.

08/13 Seahawks play first-ever outdoor game in Seattle defeating Tampa Bay Buccaneers, 29-6, in Husky Stadium.

09/04 Seahawks capture season opener for first time since 1988 with a 28-7 win at the Washington Redskins, as Chris Warren rushes for 100 yards and two touchdowns. The win is the 100th in the career of Head Coach Tom Flores.

09/11 Chris Warren scores two touchdowns for the second straight week as Seahawks go 2-0 with a 38-9 win over the Raiders in Los Angeles. Rick Mirer tosses three touchdown passes.

09/18 San Diego Chargers stop Seahawks two-game winning streak, 24-10, before Seahawks record crowd of 65,536 in Husky Stadium.

09/25 Chris Warren earns AFC Offensive Player of the Week honors in a 30-13 win over the visiting Pittsburgh Steelers. Warren rushes for 125 yards and a touchdown, while the Seahawks defense intercepts four passes.

11/06 Cincinnati Bengals spoil Seahawks return to Kingdome with a 20-17 overtime win. Doug Pelfrey kicks six field goals, including a 26-yarder 8:14 into overtime for the win.

11/20 Mack Strong's seven-yard touchdown run with 42 seconds left gives Seahawks a 22-21 win over the visiting Tampa Bay Buccaneers, breaking a six-game losing streak.

11/27 Seahawks defeat Kansas City 10-9 behind John Kasay's 32-yard field goal with 1:42 left. The back-to-back one-point wins are a franchise first. Chris Warren surpasses the 1,000-yard mark in the 12th game, the earliest in team history. Curt Warner inducted into touchdown in a 16-14 win at Houston. Warren, playing with cracked ribs, had 183 of his yards in the first three quarters.

12/18 Chris Warren tops 100 yards for the seventh time with 122, but the Los Angeles Raiders escape with a 17-16 Kingdome win.

12/24 Cleveland Browns defeat the Seahawks 35-9 in Cleveland Stadium, closing out a 6-10 season. Chris Warren finishes the season with a franchise record 1,545 rushing yards, a total that leads the AFC.

12/29 Tom Flores, Seahawks general manager/head coach from 1992-94, is relieved of his duties. Flores, who joined the organization in 1989 as president/general manager, compiled a 14-34 regular season record. All 12 of Flores' assistants were also fired.

1995

01/12 Dennis Erickson, head coach at the University of Miami, is named head coach. In six seasons at Miami, Erickson compiled a 63-9-0 record and won national championships in 1989 and 1991. A native of Everett, Washington, Erickson posted a 113-40-1 record in 13 seasons as a college head coach at the University of Idaho, University of Wyoming, Washington State University, and Miami. Erickson brings six coaches with him from Miami, Gregg Smith (assistant head coach/tight ends), Greg McMackin (defensive coordinator), Dave Arnold (special teams), Dana LeDuc (strength and conditioning), Rich Olson (quarterbacks), and Willy Robinson (defensive backs). In addition he retains Bob Bratkowski (offensive coordinator/wide receivers), Tommy Brasher (defensive line), Tom Catlin (quality control), Dave Brown (defensive coach), Arnie Matsumoto (staff assistant), Howard Mudd (offensive line), and Clarence Shelmon (running backs) from the previous staff.

01/28 Wide Receiver Steve Largent becomes the first Seahawks player to be elected into the Pro Football Hall of Fame. Largent was elected in his first year of eligibility. He played his entire NFL career with Seattle from 1976-89, and retired in possession of six NFL receiving marks, including most receptions (819), yards (13,089), touchdowns (100), and consecutive games with a reception (177). Largent's presenter for induction is Seahawks' Vice President Gary Wright.

02/09 Mike Murphy, a nine-season NFL coaching veteran, is named linebackers coach. Murphy coached with the Detroit Lions and Arizona Cardinals prior to serving one year in the Pro Personnel Department of the Carolina Panthers.

04/22 Seahawks select Ohio State University wide receiver Joey Galloway with the eighth pick in the first round of the NFL draft. Galloway is the second wide receiver chosen overall and the first ever picked by the Seahawks in the first round of the draft.

07/29 Steve Largent is formally inducted into the Pro Football Hall of Fame.

08/12 Seahawks officially retire Largent's #80 jersey.

09/03 Seahawks lose NFL debut of Head Coach Dennis Erickson, 34-10, to the Kansas City Chiefs in the Kingdome. Jacob Green was inducted into the Ring of Honor.

09/17 Erickson gains first career win, 24-21, over the Cincinnati Bengals in the Kingdome. Chris Warren rushes for 109 yards.

11/05 Rookie Joey Galloway returns a punt a club record 89 yards for a touchdown to spark a 30-28 win over the visiting New York Giants. Brian Blades has two first quarter touchdown receptions. The win snaps a four-game losing streak and ignites a streak of six wins in seven games.

11/12 Galloway strikes again, this time on an 86-yard run from scrimmage in a 47-30 win over the Jaguars in Jacksonville. His run is a club record and is an NFL-long for 1995, as was his punt return. Galloway accounts for 237 all-purpose yards and three touchdowns, including five receptions for 114 yards and two scores receiving.

11/19 Seattle posts a 27-20 win over the Redskins in Washington, D.C., completing a two-game, 10-day road trip. Chris Warren rushes for a season-high 136 yards and one score, quarterback Rick Mirer throws two touchdown passes and Robert Blackmon has two interceptions. The Seahawks stayed in Jacksonville between games.

12/03 Todd Peterson kicks four field goals in a 26-14 win over the Philadelphia Eagles.

12/10 Quarterback John Friesz engineers three fourth quarter touchdown drives in a 31-27 win over the Broncos in Denver. Seattle rallies from a 20-0 second quarter deficit for the win, the greatest comeback in franchise history. Friesz throws for two touchdowns, including the game-winner to Chris Warren with 49 seconds left. Antonio Edwards' club record 83-yard return of a Robert Blackmon-forced fumble in the third quarter, ignites the rally.

12/17 Chris Warren scores three touchdowns in a 44-10 win over the Oakland Raiders. The win is Seattle's eighth of the year, their most since 1990.

12/24 AFC Western Division champion Kansas City Chiefs end the Seahawks postseason bid with a 26-3 win in Arrowhead Stadium.

1996

02/02 Team owner Ken Behring announces that he is moving the franchise.

04/20 Ken Behring and Seattle native Paul Allen enter into an exclusive 14-month option for Allen to purchase the Seahawks. Allen can exercise the option at anytime until July 1, 1997. Allen is named Chairman of Football Northwest, Inc., with Bert Kolde serving as Vice Chairman and Bob Whitsitt as President. Seahawks select Boston College tackle Pete Kendall in the first round with the 21st overall pick. Seattle had traded down twice in the first round, acquiring defensive tackle Glenn Montgomery from the Houston Oilers in the first deal and adding an extra third-round pick from the Detroit Lions in the second.

09/01 Seahawks start 21st season with 29-7 loss at San Diego.

09/22 Lamar Smith's 14-yard run with 31 seconds left gives Seahawks a 17-13 win at Tampa Bay, their first win after three losses.

10/06 John Friesz throws touchdown passes of 51, 65 and 80 yards, the latter with 2:03 recovers it, and laterals to Robert Blackmon to complete a 68-yard touchdown return to give Seattle a 23-16 win. John Friesz throws for 323 yards, Seattle's first 300-yard passing game since 1990.

11/10 Seattle completes three wins in three home games by defeating the Minnesota Vikings, 42-23.

11/17 Seattle misses a last play field goal in 17-16 loss at the Detroit Lions. Lamar Smith rushes for a career high 148 yards in his first career start. Seahawks also lose quarterback John Friesz for remainder of the season with a broken leg.

12/08 Seahawks snap three-game losing streak with 26-18 win over visiting Buffalo Bills. Chris Warren rushes for 116 yards, his franchise record 24th career 100-yard game.

12/22 Seahawks close season with 28-21 win at Oakland. Seattle forces seven turnovers and wins with backup quarterbacks Stan Gelbaugh and Gino Torretta playing for John Friesz (broken leg) and Rick Mirer (quadriceps). Torretta passes 32 yards to Joey Galloway for his first career touchdown. Lamar Smith rushes for two touchdowns.

1997

02/14 Seahawks make first strike in free agency signing Steelers Pro Bowl linebacker Chad Brown. Brown's signing is followed two days later with that of Pittsburgh teammate cornerback Willie Williams.

02/18 Quarterback Rick Mirer is traded to the Chicago Bears for a first-round draft choice. Seattle now has the 11th and 12th picks overall in the April 19-20 NFL Draft.

03/05 Seahawks announce a return of their training camp to Eastern Washington University in Cheney, Washington. Seattle trained at Eastern from 1976-85, before training year-around at their Kirkland Headquarters.

03/06 Detroit Lions safety Bennie Blades is signed as a free agent reuniting him with his brother, Brian.

03/07 Former University of Washington quarterback Warren Moon signs as a free agent after 13 seasons with the Houston Oilers (1984-93) and Minnesota Vikings (1994-96). Moon ranks fourth in league history in attempts (6,000), completions (3,514), and yards (43,787), and is tied for seventh in touchdowns (254).

03/28 Seattle trades their first-round pick obtained from the Bears, to Atlanta for the Falcons first-round pick, the third overall. Seattle also sends second and fourth rounders to Atlanta and the Falcons flip-flop their third round choices.

04/19 After selecting Ohio State cornerback Shawn Springs with the third overall choice, Seattle sends the 12th overall choice and a third-round pick to the Tampa Bay Buccaneers for the sixth overall choice. That pick is used on Florida State University tackle Walter Jones. It is the first time in their history that the Seahawks have utilized two first-round draft choices.

04/25 Washington State Legislature passes Seahawks Stadium Funding Plan, Referendum 48. The bill sets a statewide vote for June 17.

06/17 Washington state voters approve Referendum 48 by a 51.1 percent to 48.9 percent margin (820,354 yes, 783,584 no), including a 56.4 percent margin (275,358 yes, 213,092 no) in King County.

06/23 Metropolitan King County Council votes 9-3 to approve a new football stadium for the Seahawks.

06/30 Bob Whitsitt, President of Football Northwest, signs paperwork to purchase Seahawks from Ken Behring.

07/15 Seahawks open training camp at Eastern Washington University in Cheney, returning after an 11-year absence.

08/19 Football Northwest is approved as the Seahawks owners by the member clubs of the NFL.

08/31 Seattle loses season opener to New York Jets, 41-3, in the Kingdome and quarterback John Friesz for nine weeks with a broken right thumb.

09/14 Seahawks hold Indianapolis Colts to a franchise low 118 yards for their first win, 31-3, in Indianapolis. The 28-point margin of victory is the largest for Seattle on the road.

10/05 Seattle embarks on three-game winning streak by beating the Tennessee Oilers, 16-13, in the Kingdome. Steve Broussard scores on 77 and 43 yard runs within three second half carries overcoming a 10-0 deficit. Broussard rushes for 138 yards on just six carries.

10/26 Warren Moon throws a team record-equalling five touchdown passes, including three to Joey Galloway, in a 45-34 win over the Oakland Raiders. His 409 yards is third in team history for a single game and is an NFL high for 1997.

11/09 Moon connects with Galloway on a game-winning 40-yard touchdown pass at San Diego with 2:20 left. The 37-31 win is marred by a season-ending broken ankle suffered by six-time Pro Bowl defensive tackle Cortez Kennedy.

11/28 Seahawks open their first retail store, the Seahawks EndZone Store, in Seattle's Pioneer Square area, two blocks from the Kingdome.

12/14 Quarterback Jon Kitna makes his first career start and guides Seattle to a 22-21 win at Oakland, overcoming a 21-3 halftime deficit. Kitna throws for 283 yards and one score in becoming the sixth first-time quarterback starter in team history to win his debut. Todd Peterson's 49-yard field goal with 2:20 left is the winner. Seattle's win was their fifth of the season after overcoming a 10-point deficit, equalling the most in the NFL since 1970.

12/21 Seattle closes out season with a 38-9 win over the San Francisco 49ers. Warren Moon throws four touchdown passes and sets single season records for completions (313) and yards (3,378). Pro Bowl free safety Darryl Williams co-leads the AFC in interceptions with eight, while Pro Bowl defensive end Michael Sinclair has 12 sacks.

01/16 Offensive Line Coach Howard Mudd leaves the Seahawks for Indianapolis Colts.

01/17 Linebackers Coach Mike Murphy also joins the Colts staff.

01/30 Coaches Clarence Shelmon (running backs) joins Dallas and Ned James (defensive assistant) joins the New Orleans Saints.

02/01 Warren Moon named MVP of Pro Bowl while leading AFC to 29-24 win.

02/02 Offensive assistant Jim Zorn leaves for the Detroit Lions.

02/04 Seattle names Jim Johnson linebackers coach.

02/06 Hired Bill Meyers as assistant offensive line coach and announced the club had agreed to terms with Washington Redskins' special teams coach Pete Rodriguez.

02/10 Named Milt Jackson receivers coach.

02/24 Seattle signs three-time Pro Bowl center, Kevin Glover.

02/26 Seahawks name Tim Lappano running backs coach and Eric Yarber to the position of offensive quality control.

03/04 Seahawks make one of the biggest off-season splashes in free agency when the club signs Philadelphia Eagles running back Ricky Watters to a contract.

03/06 The club agrees to terms with unrestricted free agent guard Brian Habib of the Super Bowl Champion Denver Broncos.

04/18 Linebacker Anthony Simmons from Clemson is the team's first-round pick, 15th overall, in the draft.

09/06 The Seahawks open the 1998 season with a 36-0 shutout over the Philadelphia Eagles at Veterans Stadium. The Seahawks would go on to one of the team's best starts ever, with three straight victories to open the year.

12/28 A day after completing its second consecutive 8-8 season, the club relieves Dennis Erickson of his coaching duties.

1999

01/08 Team President Bob Whitsitt appoints Mike Holmgren to the position of Executive Vice President of Football Operations/General Manager & Head Coach. The Seahawks surrender a second-round choice in the 1999 draft to the Green Bay Packers as compensation.

01/14 Holmgren hires Mike Sherman (Offensive Coordinator/Tight Ends), Fritz Shurmur (Defensive Coordinator), Tom Lovat (Offensive Line), Larry Brooks (Defensive Line), Nolan Cromwell (Wide Receivers), Jim Lind (Linebackers), Ken Flajole (Defensive Backs), Kent Johnston (Strength & Conditioning), and the retainment of Pete Rodriguez (Special Teams).

01/19 Mike Sheppard named Quarterbacks coach.

01/26 Mike Reinfeldt named Senior Vice President.

01/28 Stump Mitchell named Running Backs coach.

01/29 Rod Springer named Assistant Strength & Conditioning coach.

02/05 Jerry Colquitt (Offensive Quality Control) and Clayton Lopez (Defensive Quality Control) named to coaching staff.

02/14 Sign unrestricted free agent WR Sean Dawkins.

04/17 Select DE Lamar King (Saginaw Valley State) with the 22nd pick in the first round of the 1999 NFL Draft.

05/26 Defensive Coordinator Fritz Shurmur takes a leave of absence for health reasons.

06/07 Holmgren hires former Buffalo Bills' Assistant Coach Dick Roach to the position of defensive assistant. Linebackers coach Jim Lind is given the added responsibillity of coordinating the defense.

08/30 Seahawks defensive coordinator Fritz Shurmur succumbs to liver cancer.

11/28 The Seahawks defeat the Kansas City Chiefs in Arrowhead Stadium to cap a five-game winning streak and take the season record to 8-2.

2000

01/02 The Seahawks finish the 1999 season with a 19-9 loss at the New York Jets, but reach the playoffs for the first time since 1988 with the team's second AFC West Championship. The team's 9-7 record is the best mark since 1990. DT Cortez Kennedy is voted to a team-record eighth Pro Bowl along with teammates LB Chad Brown and T Walter Jones.

01/09 Seahawks lose their first playoff game in 11 years when they fall to the Miami Dolphins, 20-17, in the final game played at Seattle's Kingdome.

01/12 Mike Holmgren names Steve Sidwell defensive coordinator. Defensive Assistant Bob Zeman announces his retirement from coaching.

01/20 Holmgren names Gil Haskell offensive coordinator.

01/21 Holmgren names Johnny Holland assistant special teams/assistant strength and conditioning coach.

01/28 Holmgren names Ted Thompson vice president/football operations.

02/12 WR Joey Galloway is traded to the Dallas Cowboys for first-round draft choices in 2000 and 2001.

04/15 Seahawks select Alabama running back Shaun Alexander and Wisconsin tackle Chris McIntosh in the first round of the NFL Draft.

04/28 Seattle names John Schneider director of player personnel.

05/10 Scot McCloughan appointed as director of college scouting.

05/15 Bucky Brooks and Mike Murphy named area scouts.

06/01 Former Seahawks safety Eric Stokes and Matt Malaspina named area scouts.

07/05 Seahawks hire Brian Davis for radio play-by-play.

09/03 Seattle loses to Miami in season opener, 23-0, marking the first time the Seahawks were shut out in seven years.

09/10 Seattle opens a two-year stint at Husky Stadium with a loss to the defending Super Bowl Champion St. Louis Rams in a 37-34 shootout.

10/15 Seahawks return man Charlie Rogers sets team single-game record with 198 kickoff return yards and 215 combined return yards versus Indianapolis.

11/12 QB Jon Kitna earns AFC Offensive Player of the Week for 22 of 33, 231-yard, three-touchdown performance at Jacksonville.

12/23 Charlie Rogers returns four kickoffs for 171 yards, which includes an 81-yard touchdown, versus Buffalo to establish an AFC single-season record with 2,094 combined return yards (punt and kickoff).

2001

1/2 Mike Holmgren names Mark Michaels assistant special teams coach.

02/16 Former Seahawks QB Jim Zorn is named quarterbacks coach.

02/28 A 6.8 magnitude earthquake hit the Seattle area damaging the Seahawks marketing headquarters at Palmer Court, forcing them to move out of the building. The new stadium was not damaged and workers resumed construction less than one week later.

03/02 Seattle trades a third-round draft choice and switches first-round picks with Green Bay for QB Matt Hasselbeck.

03/03 Seattle signs free agent DT John Randle.

03/08 DT Cortez Kennedy is released.

03/09 Seattle signs free agent DT Chad Eaton.

03/16 Seattle names Lance Lopes to serve as General Counsel.

04/09 Seattle signs free agent LB Levon Kirkland.

04/12 Seahawks sign a three-year extension with Eastern Washington University to continue its training camp in Cheney.

04/21 Seattle takes North Carolina State wide receiver Koren Robinson with its first overall selection (No. 9) and Steve Hutchinson (No. 17). Selects 12 college players, the most since drafting 11 in 1992, during the two-day draft.

05/22 NFL announced the Seahawks would switch conferences from the AFC West to the NFC West beginning in 2002, joining the Arizona Cardinals, San Francisco 49ers and the St. Louis Rams following realignment. The Seahawks were a member of the NFC West in their inaugural season in 1976 before moving to the AFC West in 1977.

06/28 Named Scott Fitterer area scout and named former Kansas City wide receiver Lake Dawson and former Seahawks safety Eric Stokes pro personnel assistants.

08/03 Signed Trent Dilfer to one-year contract to back up Matt Hasselbeck.

09/16 Home game versus Kansas City is postponed due to the terrorist attacks on Tuesday, September 11.

11/11 Shaun Alexander rushed for 266 yards and three touchdowns versus Oakland, including a team-record 88-yard touchdown.

2002

01/02 Seahawks DT John Randle and T Walter Jones selected to represent Seahawks in the Pro Bowl.

01/06 The Seahawks played their final game at Husky Stadium before moving into their new downtown stadium. Trent Dilfer finished the season 4-0, extending his consecutive unbeaten record as a starter to 15-0.

02/22 Released defensive end Michael Sinclair following 11 years of service.

03/01 The Seahawks announced a new logo and colors; Seahawks blue, Seahawks navy and Seahawks bright green.

03/05 Re-signed Trent Dilfer to be the starting quarterback for the 2002 season.

03/27 The Seahawks unveiled new uniforms at the team's new stadium, the first significant uniform change in the team's 26-year history. In a weeklong contest, a total of 64,513 fans voted with an overwhelming 49,447 (76.6%) voting for the new Seahawks blue helmet. The traditional silver helmet received 15,066 (23.4%) votes. (Marked the first time in NFL history that a team allowed fans to choose any part of the teams' uniform ensemble.)

04/02 Bill Laveroni named assistant offensive line coach.

04/19 Traded quarterback Brock Huard to Indianapolis for the Colts fifth-round draft choice in the 2002 draft.

05/04 FieldTurf installation completed in Seahawks Stadium.

05/15 Seahawks Stadium and Exhibition Center announced as interim name until a permanent naming rights sponsor is found; FGI announces the project will come in on budget, a month earlier than anticipated.

07/20 Seahawks Stadium Grand Opening begins with Public Fanfare Days, followed by three weeks of public open houses.

08/03 Seahawks take the field in Seahawks Stadium for the first time in a preseason scrimmage.

08/10 Seahawks play their first game in Seahawks Stadium, a preseason loss to the Indianapolis Colts, 28-10.

09/15 Seahawks play their Inaugural Game in Seahawks Stadium versus the Arizona Cardinals, a 24-13 loss.

09/29 Shaun Alexander scores an NFL-record five first-half touchdowns versus the Minnesota Vikings on ESPN Sunday Night Football.

10/14 S Kenny Easley inducted in to Seahawks of Honor.

10/29 Place QB Trent Dilfer on injured reserve and signed veteran QB Jeff George for remainder of season.

11/24 Seattle and Kansas City combine for 64 first downs, an NFL record.

12/29 Matt Hasselbeck set a franchise record passing for 449 yards in a 31-28 overtime win at San Diego. Seattle also established 20 club records during the season, including most first downs in a season (347), most yards gained in a game (591 at San Diego), most net yards gained in a season (5,818) and most passing yards in a season (4,257). Seattle finished the season 7-9, third place in the NFC West.

12/31 Mike Holmgren relinquishes his role as general manager, but remains executive vice president of football operations and head coach. Seattle fires defensive coordinator Steve Sidwell, defensive line coach Larry Brooks, defensive backs coach Ken Flajole, linebackers coach Johnny Holland and offensive quality control coach Jerry Colquitt.

2003

01/29 Seahawks hire Dwaine Board as defensive line coach.

02/05 Seattle names Ray Rhodes defensive coordinator.

02/07 Seattle names Teryl Austin defensive backs coach.

02/10 Seattle hires Bob Ferguson as general manager.

02/12 Seattle hires John Marshall as linebackers coach.

03/04 Seattle re-signed unrestricted free agents LB Anthony Simmons and DE Antonio Cochran.

04/26 Seattle selected CB Marcus Trufant from Washington State with the 11th overall pick in the NFL Draft.

06/16 Hired Charles Fisher as an area scout.

06/25 Paul G. Allen names Tod Leiweke chief executive officer in charge of all Seahawks business and administration operations. Bob Whitsitt focuses on football operations.

09/07 Seattle opened the season with a compelling 27-10 victory over the Saints, their first season-opening win at home since 1986.

09/14 Seattle recorded first shutout since 1998, and 10th shutout in club history at Arizona. Safety Ken Hamlin earned NFC Defensive Player of the Week honors for his performance. In just his second NFL game, Hamlin had a hand in four of Seattle's six takeaways including the Cardinals first three drives.

10/05 Josh Brown set club record with 58-yard field goal at Green Bay.

10/12 The Seahawks unveiled a flag pole in the south end zone honoring the Seahawks 12th man. Each game, the Seahawks will have an honorary presenter raise the flag embroidered with the number 12. Twelve fans were selected to raise the inaugural flag. Steve Largent and Mike McCormack were among others to raise the flag during the season. The Seahawks held off San Francisco 20-19 on ESPN Sunday Night Football.

10/19 Defeated Chicago 24-17 and secured the best start (5-1) in franchise history. Seattle opened two seasons (1984, 1986) with a 4-1 mark.

11/23 Put up 41 points on one of the best defenses in the NFL, the Baltimore Ravens, but lost in overtime 44-41 after relinquishing a 17-point, fourth-quarter lead. Hasselbeck passed for 333 yards and club-record tying five touchdowns en route to being voted by fans the NFL/FedEx Air Player of the Week.

11/30 For the first time in franchise history, the club had a 300-yard passer (Hasselbeck 328), 100-yard rusher (Alexander 127) and two 100-yard receivers (Robinson 122, Jackson 102) in the same game versus Cleveland. Hasselbeck won the NFL/FedEx Air Player of the Week for the second consecutive week.

12/21 With a win over Arizona, the Seahawks finished 8-0 at home for the first time in franchise history.

12/27 Won at San Francisco, 24-17, for the first time since 1979 and secured first 10-win season since 1986. During the season, Hasselbeck became franchise's all-time leading passer (84.1 rating) and set single-season record with 3,841 passing yards and tied for most completions 313.

selbeck interception 52 yards for the game-ending score. Alexander set club postseason record with three touchdown runs and Hasselbeck became first passer with at least 300 yards in a playoff game. Seahawks offensive line coach Tom Lovat retires. Bill Laveroni takes over offensive line duties.

02/24 Seahawks designate T Walter Jones as franchise player for third consecutive year.

02/26 Senior VP Mike Reinfeldt declined contract offer to remain with Seahawks.

03/04 Seahawks sign unrestricted free agent Grant Wistrom to a multi-year contract.

03/09 WR Darrell Jackson re-signed a multi-year contract with the Seahawks.

3/24-31 In cooperation with the Department of Defense Armed Forces Entertainment Office, Seahawks Alex Bannister and Damien Robinson led a Seahawks contingent including former Seahawks receiver Paul Johns and the Sea Gals Show Group on a tour of Southwest Asia, including the countries of United Arab Emirates and Qatar.

03/24 The Seattle Seahawks name Steve Raible as the new "Voice of the Seahawks" for radio broadcasts, and will be joined by Warren Moon as color analyst on the broadcast team. Raible served the previous 22 years as color analyst on Seahawks radio.

05/19 Jay Nienkark named Director of Player Administration and will oversee the team's salary cap.

06/02 Seahawks Stadium is renamed Qwest Field. Introduced Blue Ribbon Partners.

06/08 Martha Fuller named CFO.

08/07 The Seahawks traveled to Portland's PGE Park for "Seahawks Live," an intrasquad scrimmage.

09/26 The Seahawks opened the season 3-0 after shutting out the 49ers 34-0 at Qwest Field. The victory ended the 49ers NFL record of scoring in 420 consecutive games. QB Dave Krieg inducted in to Seahawks Ring of Honor.

10/19 The Seahawks traded a conditional draft choice to the Oakland Raiders for WR Jerry Rice.

11/21 S Michael Boulware turned in one of the most exciting plays of the season when he, with 56 seconds remaining, returned a Dolphins' pass 63 yards for the game-winning touchdown.

12/06 In front of a record crowd at Qwest Field (68,093), the Seahawks hosted a Monday Night Football shootout versus the Cowboys. Matt Hasselbeck passed for 414 yards and three touchdowns, but the Cowboys scored 14 points in just under three minutes to earn a 43-39 victory.

2005

01/02 The Seahawks clinched their first NFC West title after fending off the Atlanta Falcons in the season finale. The Seahawks stopped a two-point conversion attempt at the end of regulation to keep the game from going into overtime.

01/08 The Seahawks hosted the Rams in a Wild Card Playoff game and lost 27-20. A Seahawks bid to tie the game on a fourth-and-4 play from the Rams' 5-yard line with :27 fell incomplete. Matt Hasselbeck joined Dan Fouts and Marc Bulger as the only quarterbacks in NFL history to throw for 300-plus yards in his first two career postseason starts.

01/10 Relieved Mark Michaels from duties as special teams coach.

01/14 Bob Whitsitt was relieved of his duties as president of football operations.

02/03 Mike Reinfeldt is named consultant.

02/10 Bob Casullo is named special teams coach.

02/16 T Walter Jones signed a multi-year contract.

02/22 Matt Hasselbeck signed a multi-year contract. Bob Ferguson was relieved of his duties as general manager. Shaun Alexander was named franchise player.

02/23 Tim Ruskell was introduced as the Seahawks' president of football operations and became the primary decision maker regarding all player and personnel decisions, including oversight of the club's pro and college scouting departments.

03/24 Mike Reinfeldt named Vice President of Football Administration.

04/21 Signed LB Jamie Sharper and former University of Washington WR Jerome Pathon. Released veteran LB Chad Brown.

04/23 Drafted Mississippi center Chris Spencer in the first round (26th overall) of the NFL Draft.

06/08 Mike Phair and Mike Yowarsky hired to the college scouting department.

07/27 Shaun Alexander signed one-year contract.

08/12 In a preseason matchup, the Seahawks defeated the Saints 34-15 in New Orleans just two weeks before Hurricane Katrina devastated the area.

09/25 Head Coach Chuck Knox inducted in to Seahawks Ring of Honor.

10/02 The Seahawks lost an overtime game at Washington to fall to 2-2 on the season. It was the last game the team would lose before winning a club-record 11 consecutive games.

10/16 Seattle set a club record with 320 yards rushing versus the Houston Texans on

10/17 Seahawks S Ken Hamlin was victimized outside of a Seattle club following the game sustaining head injuries that ended his season.

10/23 The Seahawks defeated the Dallas Cowboys 13-10 on a 50-yard Josh Brown field goal as time expired. The winning kick was set up when Jordan Babineaux intercepted Drew Bledsoe and returned it to the Cowboys' 32-yard line with :05 remaining.

11/06 Shaun Alexander rushed for 173 yards and two touchdowns, which included an 88-yard touchdown run tying his own franchise record.

11/27 The Seahawks defeated the N.Y. Giants 24-21 in overtime after Giants' kicker Jay Feely missed three game-winning field goal attempts. The Giants committed 16 penalties, including 11 false start penalties.

11/28 Mike Holmgren presented the Seahawks 12th Man with the game ball following the win over the Giants.

12/05 Seattle trounced Philadelphia 42-0 on a snowy Monday Night Football game.

12/11 The Seahawks outscored the 49ers 41-3 marking a perfect 6-0 division record, first in team history.

12/17 Seattle secured a first-round bye in the playoffs with a 28-24 come-from-behind win at Tennessee.

12/24 Seattle clinched home field advantage throughout the playoffs with a 28-13 win over the 13-1 Indianapolis Colts.

2006

01/14 The Seahawks ended their 21-year streak without a playoff win by defeating the Washington Redskins 20-10 in a Divisional Playoff Game at Qwest Field.

01/22 Hosting their first-ever Championship Game, Seattle routed the Carolina Panthers 34-14 earning their first trip to the Super Bowl in the club's 30-year history.

02/05 The Seahawks lost to the Pittsburgh Steelers 21-10 in Super Bowl XL.

02/16 The Seahawks named John Marshall defensive coordinator and Ray Rhodes took on the title of special projects/defense. The Seahawks also named Zerick Rollins linebackers coach and promoted Tom Headlee to quality control/defense. Larry Marmie was also hired as a defensive assistant/secondary.

02/23 Placed transition tag on G Steve Hutchinson.

03/06 Re-signed RB Shaun Alexander to a multi-year contract.

03/27 Signed LB Julian Peterson.

03/31 Seahawks acquired restricted free agent WR Nate Burleson from the Vikings in exchange for a third-round draft choice.

04/30 Drafted Miami cornerback Kelly Jennings with the 31st pick in the NFL Draft.

05/09 Seahawks announce plans to move practice facility to Renton waterfront.

09/10 Opened the season at Detroit's Ford Field, site of Super Bowl XL, and won 9-6 on Josh Brown's 42-yard game-winning field goal as time expired.

09/11 Seattle acquired WR Deion Branch from the New England Patriots in exchange for the Seahawks first-round selection in the 2007 NFL Draft.

09/17 DT Cortez Kennedy inducted into the Seahawks Ring of Honor.

09/24 Seattle led the New York Giants 35-3 at halftime and won the game 42-30 behind Matt Hasselbeck's club-record tying five touchdown passes.

10/01 Seahawks Shaun Alexander missed the first of six games (at Chicago) with a broken foot he suffered in the season opener.

10/15 Josh Brown connected on his second game-winner of the season, a 54-yard field goal at St. Louis as time expired.

10/22 Seattle's Matt Hasselbeck injured his right knee on the first series of the second half versus the Vikings. He would miss the next four ballgames. Seneca Wallace went 2-2 in Hasselbeck's absence.

11/06 Seattle recorded nine sacks at Qwest Field versus Oakland on Monday Night Football on the way to a 16-0 shutout of the Raiders.

11/12 Josh Brown connected on a 38-yard field goal with :09 remaining versus the Rams for his third game-winner of the season.

11/27 Snow covered Qwest Field as Seattle defeated Green Bay 34-24 on Monday Night Football. Shaun Alexander rushed for 201 yards on a franchise-record 40 carries.

12/03 Josh Brown tied an NFL record with his fourth game-winning field goal (inside the final minute of overtime) with a 50-yard field goal at Denver with :05 left in the game. The win was the Seahawks first in Denver since December 10, 1995.

2007

01/06 The Seahawks won their third consecutive home playoff game upending the Dallas Cowboys 21-20 in an NFC Wild Card thriller.

01/14 Seattle's hopes of returning to NFC Championship Game were dashed in an overtime loss at Chicago. Seattle battled into overtime, but a Robbie Gould 49-yard field goal allowed the Bears to prevail.

01/21 The Seahawks added Jim Mora to the coaching staff as assistant head coach/defensive backs coach.

03/20 In partnership with Virginia Mason Medical Center, the Seahawks announced naming rights for their new training facility in Renton: Virginia Mason Athletic Center (VMAC).

04/29 Traded WR Darrell Jackson to San Francisco for a fourth-round draft choice.

07/28 Training camp began and was held in Kirkland for the first time since 1996. The team trained at Eastern Washington University in Cheney from 1997-2007.

10/07 FB Mack Strong suffered a career-ending neck injury at Pittsburgh.

11/04 With a 94-yard punt return at Cleveland, Nate Burleson became the first player in NFL history with three punt returns of 90 or more yards in a career.

12/02 Lofa Tatupu tied a franchise record with three interceptions at Philadelphia, including one in the final minutes that preserved a Seahawks 28-24 victory.

12/09 Seattle sewed up their fourth-consecutive NFC West title with a 42-21 victory over the Arizona Cardinals. Mike Holmgren became the winningest coach in franchise history passing Chuck Knox (83-67). Marcus Trufant also recorded three interceptions in the game to tie a club record.

2008

01/05 Seattle hosted a playoff game for the fourth straight season and one in three consecutive years after putting away Washington 35-14 in the Wild Card round of the playoffs.

01/12 Seattle's season ended with a 42-20 Divisional Playoff loss at Green Bay in blizzard-like conditions. The game would be Brett Favre's final victory with the Packers.

01/25 The Seahawks announced the hiring of new offensive line coach Mike Solari. Coach Keith Gilbertson leaves post as assistant offensive line coach to coach wide receivers.

02/01 Hired Chris Beake to serve as Quality Control/Offense.

02/06 Seattle announces Jim Mora will take over as head coach following the 2008 season.

02/14 Bill Lazor named Seattle's QB coach.

02/21 Franchise tag is placed on CB Marcus Trufant.

03/04 Former University of Michigan offensive coordinator Mike DeBord is hired as assistant offensive line coach.

03/10 Signed free agent RB Julius Jones.

03/11 Kasey Dunn named Seattle's RB coach.

03/21 Signed LB Lofa Tatupu to a multi-year extension.

03/26 Signed CB Marcus Trufant to a multi-year extension.

04/22 Seahawks release RB Shaun Alexander.

04/25 Mike Holmgren is announced as the Horrigan Award Winner for the NFL executive who best helped the media do its job. Seahawks communications staff was named the Rozelle Award winner for being the top PR staff in the NFL.

04/26 Selected Southern California DE Lawrence Jackson in the first round of the NFL Draft.

04/28 Former regional scout Mike Phair hired to assist in coaching linebackers.

05/01 Dave Pearson promoted from director to vice president of communications/broadcasting.

06/08 Original Seahawks employee Gary Wright/VP Administration retires after 32 years with the club.

08/04 The first wave of employees staffed the Virginia Mason Athletic Center.

08/18 Seahawks Football Operations and team practices began at VMAC.

10/26 With a victory over San Francisco, Mike Holmgren took sole possession of 10th place on the NFL's career wins list with 172.

11/22 WR Koren Robinson and QB Seneca Wallace connected for the longest play from scrimmage in team history, a 90-yard pass play versus the Philadelphia Eagles.

12/21 Mike Holmgren earned his final victory as head coach of the Seattle Seahawks, a 13-3 win over Brett Favre and the N.Y. Jets on a snow-covered Qwest Field.

2009

01/08 Greg Knapp was hired as Seattle's offensive coordinator.

01/12 Casey 'Gus' Bradley was hired as Seattle's defensive coordinator. Dan Quinn was hired to coach the defensive line.

01/13 Jim Mora formally announced as head coach of the Seahawks. Robert Prince hired to coach wide receivers.

01/22 Tim Lewis, brother of Seahawks Director of Pro Personnel Will Lewis, was hired as defensive backs coach.

03/03 Signed free agent WR T.J. Houshmandzadeh. On his visit, flew into VMAC on owner Paul Allen's seaplane.

03/14 Julian Peterson was traded to the Detroit Lions for Cory Redding and a fifth-round draft choice.

04/25 Selected LB Aaron Curry with the fourth overall choice in the NFL Draft. Also traded chief financial officer.

07/31 Training Camp begins and for the first time in Seattle, training camp open to fans at VMAC.

09/13 Seahawks open the Jim Mora era with a 28-0 shutout over the Rams.

10/11 The Seahawks posted their second shutout of the season with a 41-0 win over the Jacksonville Jaguars at Qwest Field.

12/03 Seahawks President of Football Operation Tim Ruskell announces resignation.

2010

01/08 Seahawks head coach Jim Mora is relieved of coaching duties.

01/11 Seahawks hire Pete Carroll to be executive vice president of football operations and head coach.

01/20 Named John Schneider general manager.

02/04 New coaching staff is announced: Jeremy Bates (offensive coordinator), Gus Bradley (defensive coordinator), Kippy Brown (WRs), Luke Butkus (Quality control/offensive line), Dave Canales (Quality control/offense), Chris Carlisle (head strength & conditioning), Jedd Fisch (QBs), Mondra Gee (assistant strength & conditioning), Alex Gibbs (offensive line), Jerry Gray (DBs), Kris Richard (assistant DBs), Brian Schneider (special teams coordinator), Rocky Seto (Quality control/ defense), Sherman Smith (RBs), Jeff Ulbrich (assistant special teams), Art Valero (assistant offensive line), Jamie Yancher (assistant strength & conditioning).

02/24 Franchise tag is placed on K Olindo Mare.

03/08 Traded QB Seneca Wallace to Cleveland for a 2011 undisclosed draft pick.

03/18 Traded 2010 second-round draft pick and 2011 undisclosed draft pick to San Diego for QB Charlie Whitehurst and 2010 second-round draft pick.

04/13 DE Patrick Kerney retires. From 2007-09 no other Seahawks defender had more sacks than Kerney's 24.5.

04/22 Drafted T Russell Okung (6th overall) and S Earl Thomas (14th overall) in the first round of the NFL Draft.

04/29 T Walter Jones retires. He was selected to a club record nine Pro Bowls and his 180 career starts are second to only Steve Largent.

05/14 Scott Fitterer promoted to Director of College Scouting. Eric Stokes promoted to Assistant Director of College Scouting. Ruston Webster leaves his post as VP of Player Personnel to join the Tennessee Titans.

06/22 Scot McCloughan rejoins the Seahawks front office as Sr. Personnel Executive.

07/26 Tod Leiweke resigned from his post to join the NHL's Tampa Bay Lightning as part owner and CEO.

07/31 Promoted Will Lewis to vice president of football operations and Tag Ribary to director of pro personnel. Hired Trent Kirchner as assistant director of pro personnel.

09/12 Seattle defeated the San Francisco 49ers 31-6 in the season opener at Qwest Field for Pete Carroll's first win as head coach of the Seahawks.

09/28 Seahawks kickoff returner Leon Washington set a franchise record with two returns for touchdown versus the San Diego Chargers fueling the 27-20 victory. The returns were 101 and 99 yards earning him NFC Special Teams Player of the Week.

09/23 Peter McLoughlin assumes role of President of Seahawks, Sounders FC and First & Goal, Inc. after previously serving as CEO of the NHL's St. Louis Blues.

10/05 Seattle acquired Marshawn Lynch from the Buffalo Bills in trade.

12/05 Walter Jones #71 is retired.

2011

01/02 Charlie Whitehurst started the season finale for an injured Matt Hasselbeck. Needing a win versus the Rams to win the division and advance to the postseason, Whitehurst led the team to a 16-6 victory. Seattle became the first team in NFL history to advance to the playoffs with a sub .500 record (7-9).

01/08 Seattle captured their fifth consecutive home playoff win with a 41-36 triumph over the defending World Champion New Orleans Saints. Matt Hasselbeck set a postseason club record with four TD passes. Marshawn Lynch electrified the crowd with what many are calling one of the greatest runs in NFL history with a 67-yard TD in which he broke as many as eight tackles. The Pacific Northwest Seismic Network registered activity generated from the stadium during the time of Lynch's run.

01/18 Hired former Oakland Raiders head coach Tom Cable as assistant head coach and offensive line coach. Hired Todd Wash to coach the defensive line. Promoted Kris Richard to defensive backs coach. Promoted Rocky Seto to assistant defensive backs coach. Relieved offensive coordinator Jeremy Bates of his duties.

01/20 Hired Darrell Bevell as offensive coordinator.

03/12 The NFL owners instituted a lockout of the players.

04/28 Selected T James Carpenter 25th overall in the first round of the NFL Draft.

06/23 Qwest Field renamed CenturyLink Field.

07/25 NFL and the NFL Players Association agree to a 10-year Collective Bargaining WR Sidney Rice, QB Tarvaris Jackson and FB Michael Robinson.

10/09 CB Brandon Browner set a club record at the New York Giants with a 94-yard interception return for a TD with 1:08 remaining in the game.

10/13 Traded LB Aaron Curry to the Oakland Raiders for draft choices in 2012 and 2013.

10/23 Red Bryant blocked two field goal attempts at Cleveland setting a club record for most in a single game.

11/13 Steven Hauschka tied a club record connecting on five field goal attempts in a 22-17 win over the Baltimore Ravens.

11/20 Chris Clemons was named NFC Defensive Player of the Week after setting a career high with 3.0 sacks and two forced fumbles at St. Louis.

12/01 David Hawthorne was named NFC Defensive Player of the Week for his performance versus the Philadelphia Eagles on NFL Network's Thursday Night Football. He returned an interception 77 yards for a score. It was one of four interceptions in the game by Seattle's defense.

12/12 Doug Baldwin was awarded the NFL Special Teams Player of the Week versus the St. Louis Rams at CenturyLink Field. Not only did he lead team with seven catches for 93 yards and TD, he took a reverse handoff on the opening kickoff and returned it 37 yards. He also downed the Seahawks first punt of the game at the Rams' own 6-yard line. After that drive ended in a punt, he blocked the attempt which resulted in a 17-yard return by Michael Robinson for touchdown.

12/18 Brandon Browner set a club record at Chicago with at least one interception in four consecutive games, including a second touchdown return of the season from 42 yards which also set a club record for most interception return yards in a season with 220. Red Bryant returned an interception 20 yards for his first career touchdown in a 38-14 Seahawks victory.

2012

02/04 Cortez Kennedy was voted into the Pro Football Hall of Fame in his fourth year of eligibility. Kennedy spent his entire 11-year career with Seattle after being selected third overall in the 1990 NFL Draft.

02/14 Added Keith Carter (quality control/offense) and former Seahawks safety Marquand Manuel (special teams assistant) to the coaching staff.

03/04 Re-signed RB Marshawn Lynch to a multi-year contract.

03/13 Reached a contract agreement to re-sign DE Red Bryant - the son-in-law of Seahawks Ring of Honor member Jacob Green.

03/20 Signed free agent QB Matt Flynn to a multi-year contract.

FRANCHISE HISTORY

03/29 The Seahawks and Tribune Television Northwest (KCPQ channel 13 and FOX affiliate in Seattle) reach a multi-year agreement to be the flagship television partner of the Seahawks. Q13 will broadcast all preseason game broadcasts, pre and postgame shows, and other team-related content.

04/03 Nike unveils the new NFL uniform design in New York, and Kam Chancellor represents the Seahawks in the fashion show. Along with the new uniform, the Seahawks unveil a new tweaked logo that freshens up the team colors. The new team colors are college navy, action green and wolf grey.

04/26 Selected DE Bruce Irvin with the 15th overall selection in the 2012 NFL Draft.

04/27 Drafted Russell Wilson in the third round (No.75 overall) of the NFL Draft.

08/04 Cortez Kennedy was inducted into the Pro Football Hall of Fame in Canton, Ohio.

09/24 Seattle topped Green Bay 14-12 on Monday Night Football with a game-winning Hail Mary as time expired. Russell Wilson connected with Golden Tate on a 24-yard completion. The play was called a touchdown on the field by replacement referees and upheld after a booth review. That was be the final game with replacement officials; regular officiating crews returned the following week.

10/14 Cortez Kennedy's #96 is retired.

11/25 Leon Washington tied an NFL record with his eighth-career kickoff return for a touchdown at Miami.

12/02 Russell Wilson led Seattle to a go-ahead TD drive at Chicago with :24 remaining only to have the Bears tie the game with a field goal as time expired. Seattle won the toss and Wilson again led Seattle on a game-winning TD drive on the first possession.

12/16 Seattle scored 50 or more points for the second consecutive game becoming the first team since 1950 to accomplish the feat (58-0 vs. Arizona on 12/9 and 50-17 at Buffalo on 12/16).

12/30 Seattle finished the season with a perfect home record with a 20-13 victory over St. Louis. In that game, Russell Wilson tied Peyton Manning's NFL rookie record with his 26th TD pass.

2013

01/06 Seattle won their first road playoff game since 1983 with a 24-14 come-from-behind victory at Washington.

01/17 Named Dan Quinn defensive coordinator after Gus Bradley accepted the head coaching position with the Jacksonville Jaguars.

02/13 Named Travis Jones defensive line coach. Named Nick Sorenson coaching assistant/special teams.

04/01 Traded QB Matt Flynn to the Oakland Raiders for a conditional draft choice.

04/22 Signed SS Kam Chancellor to multi-year extension.

06/07 New remodeled and expanded Pro Shop opens at CenturyLink Field.

06/20 Tag Ribary promoted to Director of Team Operations and Trent Kirchner promoted to Director of Pro Personnel.

06/21 Seahawks General Manager John Schneider signed extension.

06/28 Cortez Kennedy named Team Ambassador.

09/08 Seahawks won their season opener at Carolina 12-7, the first of a team-record tying 13-win season.

11/03 The Seahawks erased a 21-0 first half deficit vs Tampa Bay to come back and win 27-24 in OT, the largest come-from-behind victory in team history.

12/14 Chuck Arnold was promoted to Chief Operating Officer for the Seahawks.

12/22 The Seahawks club record 14-game home winning streak was snapped versus the Arizona Cardinals in a 17-10 loss. It was QB Russell Wilson's first loss at CenturyLink Field in two seasons as a starter.

12/29 The Seahawks tied a franchise record by limiting the St. Louis Rams to just 13 rushing yards in the season finale.

2014

01/11 Seattle defeated the New Orleans Saints 23-15 in a Divisional Playoff Game.

01/19 The Seahawks advanced to the second Super Bowl in franchise history after defeating division rival San Francisco 23-17 in the NFC Championship Game.

01/17 Former tackle Walter Jones was voted into the Pro Football Hall of Fame in his first year of eligibility. Jones spent his entire 12-year career with Seattle and was a nine-time Pro Bowler.

02/01 Walter Jones became the third original Seahawks member to be voted into the Pro Football Hall of Fame joining Steve Largent and Cortez Kennedy.

02/02 The Seahawks won the franchise's first Super Bowl after defeating the Denver Broncos 43-8 at MetLife Stadium. The Seahawks first score came on a safety 12 seconds into the game becoming the quickest score in Super Bowl history.

02/05 The Seahawks victory parade through downtown Seattle culminating at CenturyLink Field was celebrated by an estimated crowd of more than 700,000 fans.

03/10 The Seahawks re-signed free agent DE Michael Bennett to a multi-year contract.

FRANCHISE HISTORY

04/14 Signed Pete Carroll to a multi-year extension.

04/24 Former Seahawks CB Marcus Trufant announces his retirement.

04/29 Safety Earl Thomas signed a multi-year extension.

05/06 Amy Sprangers named VP of Corporate Partnerships and Suites.

05/07 Cornerback Richard Sherman signed a multi-year extension.

05/21 The Seahawks traveled to Washington D.C. to meet President Barack Obama at the Super Bowl Champions annual White House visit.

05/29 Wide receiver Doug Baldwin signed a multi-year extension.

06/10 Jeff Dunn named Vice President of Business Strategy & Analytics.

06/19 The Seahawks received their Super Bowl Championship rings at a ceremony at Seattle's EMP.

08/02 Former Seahawks tackle Walter Jones was officially inducted into the Pro Football Hall of Fame in Canton, Ohio.

09/04 Seattle officially kicked off the 2014 NFL season hosting a Thursday night prime time game versus Green Bay. A pregame concert was performed by Pharrell Williams and Soundgarden, with pop star Ariana Grande singing The Star Spangled Banner. Seattle's Super Bowl banner was unveiled at CenturyLink Field as Seattle won the game, 36-16.

09/21 In a rematch of Super Bowl XLVIII, the Seahawks defeated the Denver Broncos 26-20 in OT on a Marshawn Lynch 6-yard TD run.

10/17 Seattle traded WR Percy Harvin to the N.Y. Jets for an undisclosed draft choice.

10/19 At St. Louis, Russell Wilson became the first player in NFL history to pass for 300 or more yards and rush for 100 or more in the same game.

11/02 T Walter Jones inducted in to Seahawks Ring of Honor.

11/09 Totaled 350 rushing yards versus the N.Y. Giants, a club single-game record. Marshawn Lynch also rushed for a career-best four TDs tying a single-game club record.

12/18 Signed LB K.J. Wright to a multi-year extention.

12/19 Signed DE Cliff Avril to a multi-year extention.

12/21 Seattle set a franchise record versus the Cardinals totaling 596 total yards in a 35-6 win at Arizona.

01/18 Seattle became the 12th team in NFL history to advance to the Super Bowl after winning it the previous year by defeating the Green Bay Packers in the NFC Championship Game, 28-22, in OT. Seattle overcame a 16-point, second-half deficit to win after Russell Wilson connected with Jermaine Kearse on a 35-yard TD to end the game. It marked Seattle's ninth consecutive postseason win at home, tied for the third-longest streak in NFL history. The game also marked a record for CenturyLink Field attendance record with 68,538 12s on hand.

01/19 Construction began on the Toyota Fan Deck on the south deck of CenturyLink Field. The expansion added 1,000 padded seats and an exclusive fan experience.

02/01 The Seahawks lost to the New England Patriots in Super Bowl XLIX, 28-24.

02/09 Named Kris Richard defensive coordinator following the departure of Dan Quinn to become head coach of the Atlanta Falcons. Also named Micheal Barrow LB coach following the departure of Ken Norton, Jr., leaving to become defensive coordinator of the Oakland Raiders. Named Lofa Tatupu assistant LB coach and Brennon Carroll assistant offensive line coach.

02/10 Promoted Rocky Seto to assistant head coach/defense.

02/19 David Young named VP of Operations/GM of CenturyLink Field.

02/23 Announced the expansion of CenturyLink Field by 1,000 seats with the launch of the Toyota Fan Deck on the sounth end. Also announced the expansion of eight new suites.

03/06 Signed Marshawn Lynch to a multi-year extension.

03/10 Traded for Saints TE Jimmy Graham and a 2015 fourth-round draft choice in exchange for center Max Unger and the Seahawks first-round draft choice (No. 31 overall).

03/25 Named Dwaine Board assistant defensive line coach. Named Chris Cash assistant secondary/CB coach. Named Andre Curtis assistant secondary/safeties coach. Dave Canales promoted to WR coach. Will Harriger named assistant QB coach/quality control offense.

07/31 Signed QB Russell Wilson to multi-year contract extention.

08/02 Signed LB Bobby Wagner to a multi-year contract extention.

09/20 Seattle's 10-point loss at Green Bay was the team's first double-digit loss since November 6, 2011.

11/22 RB Thomas Rawls set a Seahawks rookie single-game record with 209 rushing yards versus San Francisco.

12/02 CB Richard Sherman named Seahawks Man of the Year.

12/22 Club record seven Seahawks voted to the Pro Bowl (DE Michael Bennett, S Kam Chancellor, WR Tyler Lockett, CB Richard Sherman, S Earl Thomas, LB Bobby Wagner, QB Russell Wilson).

12/27 Seattle set a CenturyLink Field record with an attendance of 69,080 versus St. Louis. In that game, the Seahawks had an NFL record 62-game streak of holding a lead at some point in the game snapped.

2016

01/03 Ended 2015 leading the NFL in defensive scoring for the fourth-straight season. Russell Wilson ended the year leading the NFL in passer rating while setting franchise single-season records for passer rating, completion percentage, yards and TDs.

01/10 The Seahawks defeated the Minnesota Vikings 10-9 in a Wild Card Playoff game advancing to their fourth-straight Divisional round. The temperature at kickoff was -6 degrees, the third-coldest game in NFL history.

01/31 DE Michael Bennett (defensive) and QB Russell Wilson (offensive) each named MVP of the Pro Bowl.

02/19 New FieldTurf Revolution 360 installed at CenturyLink Field.

03/11 Jermaine Kearse signed multi-year contract.

03/17 Jeff Richards promoted to VP of Marketing.

04/28 Selected G Germain Ifedi in the first round (31st overall) of the NFL Draft.

05/05 Placed RB Marshawn Lynch on the reserve/retired list.

05/12 WR Ricardo Lockette announced his retirement.

06/29 Doug Baldwin signed multi-year extension with the Seahawks.

08/25 Signed a multi-year extension with Q13 as the exclusive media rights holder for Seahawks preseason TV.

09/18 Seattle traveled to Los Angeles to play a game for the first time since 1994 when they took on the Rams at the Coliseum.

10/13 The Seahawks tied the Arizona Cardinals 6-6. It was the the first tie in franchise history after not recording one in the prior 633 games played.

11/07 The Seahawks defeated the Buffalo Bills 31-25 on Monday Night Football, the club's 11th-straight win on Monday night dating back to 2005.

11/20 Pete Carroll notched his 100th-career NFL victory with a 26-15 victory over the Philadelphia Eagles.

02/01 Travis Jones named senior defensive assistant and Clint Hurtt hired as defensive line coach. Chad Morton named running backs coach and Heath Farwell named special teams assistant. Tom Donatell hired as quality control/defense coach.

02/04 Kenny Easley elected into the Pro Football Hall of Fame.

02/16 The Seahawks and First & Goal, Inc. announced the formation of First & Goal Hospitality to oversee all food and beverage operations at CenturyLink Field and CenturyLink Field Event Center.

04/26 Marshawn Lynch was traded to the Oakland Raiders, along with Seattle's 2018 sixth-round draft pick for Oakland's 2018 fifth-round selection.

04/28 The Seahawks selected Michigan State defensive lineman Malik McDowell with their first selection in the NFL draft in the second round (35th overall).

05/15 The Seahawks and CenturyLink announced a stadium naming rights extension through 2033.

05/23 Former Seahawks defensive tackle and Hall of Famer Cortez Kennedy passed away.

08/01 Kam Chancellor signed a multi-year contract extension with the Seahawks.

08/05 Kenny Easley enshrined into the Pro Football Hall of Fame in Canton, Ohio.

09/17 Seahawks celebrated Paul Allen's 20 years as owner in a ceremony prior to the 49ers game.

10/29 Russell Wilson set a franchise record passing for 452 yards versus Houston in a come-from-behind 41-38 victory. Along with his four TD passes, and the game-winner with :21 remaining, he earned NFL Offensive Player of the Week.

11/09 Both Kam Chancellor (neck) and CB Richard Sherman (Achilles) were lost for the season to injuries at Arizona.

11/20 The Seahawks lost to the Atlanta Falcons 34-31 on Monday Night Football snapping an 11-game winning streak dating to 2004. The 11-game winning streak is the second-longest in Monday Night Football history.

12/07 Bennett announced as the team's nominee for the Walter Payton Man of the Year Award.

12/24 Jimmy Graham became the Seahawks all-time leader in receptions by a tight end at Dallas.

12/31 Russell Wilson tied his own franchise record for most passing TDs in a season (34) versus the Cardinals.

FRANCHISE HISTORY

2018

01/10 Offensive coordinator Darrell Bevell and assistant head coach/offensive line coach Tom Cable both relieved of their duties.

01/11 The NFL announced the Seahawks would play the Oakland Raiders in London in 2018.

01/16 Defensive coordinator Kris Richard relieved of his duties. Brian Schottenheimer announced as offensive coordinator and Mike Solari announced as offensive line coach. Ken Norton, Jr. named defensive coordinator.

01/28 The Seahawks tied a club record with seven players announced to the NFC Pro Bowl roster: WR Doug Baldwin, DE, Michael Bennett, T Duane Brown, TE, Jimmy Graham, S Earl Thomas, LB, Bobby Wagner, QB, Russell Wilson.

02/23 Seahawks announced new coaching hires Jethro Franklin (Assistant Defensive Line), Larry Izzo (Assistant Special Teams), Steve Shimko (Offensive Assistant).

03/09 CB Richard Sherman released.

03/14 The Seahawks traded DE Michael Bennett and a 2018 seventh-round draft choice to the Philadelphia Eagles for WR, Marcus Johnson and a 2018 fifth-round selection.

04/22 CenturyLink Field received SAFETY Act Designation and Certification, the highest level of accreditation awarded by the U.S. Department of Homeland Security. CenturyLink Field is the fifth NFL stadium and second MLS stadium to achieve this certification.

04/22 Ken Hofmann, former member of Seahawks ownership from 1988-97, passed away.

04/26 RB Rashaad Penny selected in the first round (27th overall) in the 2018 draft.

05/12 Former Seahawks head coach Chuck Knox passed away.

05/18 Nolan Teasley promoted to director of pro personnel.

06/12 CenturyLink Field received The Stadium Business Sustainability & Community Award for its environmentally-friendly and sustainable practices.

06/19 Andre Curtis promoted to defensive passing game coordinator, Clint Hurtt to assistant head coach/defense and John Glenn to linebackers coach.

09/24 Chris McGowan named Chief Executive Officer of Vulcan Sports & Entertainment, replacing Peter McLoughlin in that role. Chuck Arnold promoted to President, also replacing McLoughlin.

10/14 The Seahawks played their second-ever regular-season international game defeating the Oakland Raiders 27-3 in London's Wembley Stadium.

10/24 Jody Allen, Paul Allen's sister, takes on the role of trustee of the Paul G. Allen Trust, and is the Chair of both the Seahawks and Vulcan Inc. Bert Kolde, Paul Allen's longtime trusted friend, holds the title of Vice Chair for the Seahawks and Trail Blazers, as well as executive vice president of sports strategy and operations for Vulcan Inc.

10/28 Russell Wilson posted the first perfect passer rating in team history after completing 14-of-17 attempts for 248 yards and three touchdowns. Seattle won the game 28-14.

2019

04/16 Russell Wilson signed a contract extension making him the highest paid player in NFL history at the time.

04/25 DE L.J. Collier selected in the first round (29th overall) in the 2019 NFL Draft.

05/09 WR Doug Baldwin and S Kam Chancellor waived/injured.

09/01 Seattle acquired DE Jadeveon Clowney in a trade with the Houston Texans in exchange for a 2020 third-round draft choice, DE Jacob Martin and LB Barkevious Mingo.

09/15 Pete Carroll claimed his 100th combined victory for the Seahawks with a 28-26 win at Pittsburgh.

09/22 Bobby Wagner set a franchise record with 19 tackles versus the New Orleans Saints.

10/03 Seahawks late chairman Paul Allen was the 12th member inducted in to the Seahawks Ring of Honor in a pregame ceremony before a Thursday night prime-time game versus the L.A. Rams.

10/23 The Seahawks traded their 2020 fifth-round draft choice to the Detroit Lions for S Quandre Diggs and a 2021 seventh rounder.

10/27 Bobby Wagner became the franchise's all-time leading tackler in a game at the Atlanta Falcons, surpassing Eugene Robinson (984).

11/11 The Seahawks won overtime games in consecutive weeks for the second time in franchise history (1990) after defeating the San Francisco 49ers and the Tampa Bay Buccaneers the prior week (11/3). Russell Wilson set a franchise record with 122 consecutive starts moving past G Chris Gray.

12/15 Pete Carroll reached 100 regular season wins with Seattle with a 30-24 victory at Carolina.

12/24 The Seahawks re-signed RB Marshawn Lynch after the team's top three running backs (Chris Carson, Rashaad Penny, C.J. Prosise) were placed on injured reserve.

FRANCHISE HISTORY

2020

01/03 Bobby Wagner (1st team) and Russell Wilson (2nd team) were both named All-Pro. It marked a franchise-record fourth-straight season for Wagner as a first-teamer.

01/05 Rookie WR DK Metcalf set a franchise record with 160 receiving yards in a Wild Card game at Philadelphia. It was the most receiving yards by any rookie in NFL postseason history.

02/01 G Steve Hutchinson is elected to the Pro Football Hall of Fame. Started all 68 games played for Seattle over his five-year Seahawks career. Earned three All-Pro honors and three Pro Bowl selections. Teamed with HOF T Walter Jones to form one of the best left-sides in NFL history.

02/10 In an effort to boost guest experience through faster lines and more efficient sales processes, CenturyLink Field began a transition to cashless operations for sales transactions at the stadium, the CenturyLink Field Event Center and WAMU Theater.

02/22 Dave Canales promoted to Offensive Passing Game Coordinator and Austin Davis promoted to QB coach.

03/02 Virginia Mason Athletic Center is closed for operations in accordance with local and state health measures relating to the Covid-19 pandemic.

03/11 Aaron Curry promoted to Defensive Assistant/LBs. Sanjay Lal hired as Senior Offensive Assistant, Keli'i Kekuewa hired as Offensive Assistant and Damione Lewis hired as Defensive Assistant/Defensive Line.

03/28: Amid the COVID-19 pandemic, CenturyLink Field transformed into a Field Army Hospital for non-COVID patients.

04/23 Selected Texas Tech LB Jordyn Brooks with the 27th overall pick in the NFL Draft.

06/01 The Seahawks release a statement condemning the deaths of George Floyd, Breonna Taylor, Ahmaud Arbery and others who have died as a result of racially-motivated police violence. The team pledges to donate $500,000 in grants from the Seahawks Players Equality & Justice for All Action to organizations working to combat systemic racism.

06/25 Seattle acquired All-Pro S Jamal Adams in a trade with N.Y. Jets in exchange for 2021 first and third-round draft picks, 2022 first-round draft pick, and S Bradley McDougald. In addition to Adams, the Jets sent the Seahawks a 2022 fourth-round pick.

08/05 The Seahawks announced its in-house concessions company, First & Goal Hospitality (FGH), will partner with Levy, the market leader in defining hospitality at major sports and entertainment venues and events, to jointly operate the stadium's concessions and food service operations. FGH continues to be the banner for hospitality at the stadium's events, while Levy will manage day-to-day operations.

08/19 Due to COVID-19 event restrictions, the Seahawks announce the team's first three home games will be played without fans in attendance. The team later ended up completing 31 of 35 attempts for an 88.6 completion percentage, third-highest in NFL history (min. 35 att.).

09/27 QB Russell Wilson became the first player in franchise history to have five touchdown passes in consecutive weeks while setting an NFL record for most TD passes in the first three games of the season with 14. He was named NFC Offensive Player of the Week for the second time in 2020.

09/29 CenturyLink Field achieved GBAC Star Certification, certifying that the stadium has implemented the industry's most stringent protocols for cleaning, disinfection and infectious disease prevention.

10/01 QB Russell Wilson earned NFC Offensive Player of the Month for September.

10/25 WR Tyler Lockett tied Steve Largent's franchise record with 15 receptions at Arizona. He also joined Largent as the only players in franchise history with 200 receiving yards in a game. QB Russell Wilson set a Seahawks franchise record for career completions on first attempt of the game, a 34-yard completions to Lockett. Wilson passed Matt Hasselbeck's total of 2,559.

10/28 Seattle acquired DE Carlos Dunlap II in a trade with Cincinnati in exchange for C B.J. Finney and a 2021 seventh-round draft pick.

11/09 Executive VP/Head Coach Pete Carroll signed contract extension through the 2025 season.

11/11 For the first time in franchise history, Seattle started the season 5-0 after defeating the Minnesota Vikings on Monday Night Football at CenturyLink Field.

11/19 The Seahawks announced CenturyLink Field will become Lumen Field, following CenturyLink's rebrand to Lumen Technologies. The team announced the change on Thursday Night Football during a Seahawks win over the Cardinals. The updated name was part of the same naming rights agreement.

12/13 S Jamal Adams set the NFL record for most sacks in a single season by a defensive back with 8.5. Adams finished the season with 9.5. QB Russell Wilson threw for four touchdowns to improve his total to 36 on the season, setting a single-season franchise record. Wilson finished the season with 40.

12/20 QB Russell Wilson set the Seahawks franchise record for career pass attempts.

12/21 The Pro Bowl was not played due to the COVID-19 pandemic, but a franchise-record tying seven players were named to the NFC team: S Jamal Adams, S Quandre Diggs, WR DK Metcalf, LB Tyler Ott, LB Bobby Wagner, QB Russell Wilson, and FB Nick Bellore, who was selected for his play on special teams.

12/27 The Seahawks claimed their 11th division title in franchise history after defeating the L.A. Rams, 20-9, at Lumen Field. K.J. Wright was announced as the 2020 Steve Largent Award winner before the game. Wilson broke his own franchise record for completions in a single-season and finished the season with 384.

FRANCHISE HISTORY

2021

01/03 WR Tyler Lockett set a single-season franchise record with 100 receptions and WR DK Metcalf set a single-season franchise record with 1,303 yards vs. the San Francisco 49ers on the road. The game was played at the Arizona Cardinals' State Farm Stadium due to COVID-19 restrictions in Santa Clara, Calif.

01/08 S Jamal Adams (2nd team), WR DK Metcalf (2nd team), LB Bobby Wagner (1st team) were named All-Pro. Wagner's selection extended a franchise record with five-straight seasons as a first-teamer.

01/09 The Seahawks lost to the L.A. Rams in the Wild Card round, snapping a 10-game postseason winning streak at Lumen Field dating back to 2005 (2004 season).

01/12 Executive VP/General Manager John Schneider signed contract extension through the 2027 NFL Draft. The Seahawks and offensive coordinator Brian Schottenheimer parted ways.

01/19 The Seahawks announced the hire of Karen Wilkins-Mickey as the team's first Vice President of Diversity, Equity & Inclusion. Wilkins-Mickey was also the NFL's first VP of DEI at the club-level.

01/29 Shane Waldron announced as offensive coordinator and Andy Dickerson named run game coordinator.

02/06 Russell Wilson won the Walter Payton NFL Man of the Year, the league's most prestigious honor, which recognizes an NFL player for outstanding community service activities off the field, as well as excellence on the field.

03/10 Lumen Field announced the opening of a mass vaccination site at the Lumen Field Event Center. Operated by the City of Seattle, the site was the largest civilian-led vaccination site in the country and vaccinated more than 100,000 people during the three months it was open.

03/30 The NFL announced that beginning with the 2021 season, the regular season schedule will expand to 17 games and the preseason will be reduced to three games.

04/14 The Seahawks announced the extension of team president Chuck Arnold through 2027.

04/30 WR D'Wayne Eskridge selected with Seattle's first selection in the NFL draft in the second round (56th overall).

05/03 Carl Smith was named associate head coach, former defensive back DeShawn Shead as defensive assistant/defensive backs coach and Tracy Smith, Carl's son, also joined the staff as assistant special teams coach. Larry Izzo is named special teams coordinator after taking over the role in 2020 when Brian Schneider stepped away due to personal reasons.

VP/General Counsel; Peter Fonfara, VP/Finance; Zach Hensley, VP/Operations & General Manager of Lumen Field; and Lisa Young, VP/Corporate Partnerships.

06/22 After playing in an empty stadium in 2020 due to the COVID-19 pandemic, the Seahawks announce full capacity at Lumen Field for 2021, and that VMAC will hold 12 open training camp practices to fans.

07/12 Virginia Mason Athletic Center re-opens up to 50-percent staff capacity for the first time in 16 months as the state loosens guidelines during the COVID-19 pandemic.

CAREER TOP 10

GAMES PLAYED

	Player, Seasons	No.
1	Joe Nash, 1982-96	218
2	Mack Strong, 1994-07	201
3	Steve Largent, 1976-89	200
4	Walter Jones, 1997-2009	180
5	Jacob Green, 1980-91	178
6	Jeff Bryant, 1982-93	175
7	Eugene Robinson, 1985-95	170
8	Cortez Kennedy, 1990-00	167
9	Dave Brown, 1976-86	159
	Jon Ryan, 2008-17	159

GAMES STARTED

	Player, Seasons	No.
1	Steve Largent, 1976-89	197
2	Walter Jones, 1997-2009	180
3	Jacob Green, 1980-91	176
4	Joe Nash, 1982-96	169
5	Jeff Bryant, 1982-93	167
6	Dave Brown, 1976-86	159
7	Cortez Kennedy, 1990-00	153
8	Eugene Robinson, 1985-95	152
9	Chris Gray, 1998-08	145
10	**Russell Wilson, 2012-**	**144**

POINTS SCORED

	Player, Seasons	No.
1	Norm Johnson, 1982-90	810
2	Steven Hauschka, 2011-16	759
3	Shaun Alexander, 2000-07	672
4	Steve Largent, 1976-89	608
5	Josh Brown, 2003-07	571
6	Todd Peterson, 1995-99	555
7	Marshawn Lynch, 2010-15, 19	398
8	Curt Warner, 1983-89	372
9	John Kasay, 1991-94	341
10	Efren Herrera, 1978-81	331

TOTAL TOUCHDOWNS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	112
2	Steve Largent, 1976-89	101
3	Marshawn Lynch, 2010-15, 19	66
4	Curt Warner, 1983-89	62
5	Doug Baldwin, 2011-18	49
6	Chris Warren, 1990-97	48
7	Darrell Jackson, 2000-06	47
8	Joey Galloway, 1995-99	42
9	**Tyler Lockett, 2015-**	**40**
10	Sherman Smith, 1976-82	38

FIELD GOALS

	Player, Seasons	No.
1	Steven Hauschka, 2011-16	175
2	Norm Johnson, 1982-90	159
3	Todd Peterson, 1995-99	126
4	Josh Brown, 2003-07	116
5	John Kasay, 1991-94	82
6	Olindo Mare, 2008-10	73
7	Efren Herrera, 1978-81	64
8	Rian Lindell, 2000-02	58
9	**Jason Myers, 2019-**	**47**
10	Sebastian Janikowski, 2018	22

FIELD GOAL ATTEMPTS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	228
2	Steven Hauschka, 2011-16	197
3	Todd Peterson, 1995-99	154
4	Josh Brown, 2003-07	145
5	John Kasay, 1991-94	105
6	Efren Herrera, 1978-81	92

FIELD GOAL ATTEMPTS, CONTINUED

7	Olindo Mare, 2008-10	83
8	Rian Lindell, 2000-02	78
9	**Jason Myers, 2019-**	**52**
10	John Leypoldt, 1976-77	30

POINT AFTER TOUCHDOWNS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	333
2	Steven Hauschka, 2011-16	234
3	Josh Brown, 2003-07	223
4	Todd Peterson, 1995-99	177
5	Efren Herrera, 1978-81	139
6	Rian Lindell, 2000-02	96
7	John Kasay, 1991-94	95
8	Olindo Mare, 2008-10	89
	Jason Myers, 2019-	**89**
10	John Leypoldt, 1976-78	52

PAT ATTEMPTS

	Player, Seasons	No.
1	Norm Johnson, 1982-90	338
2	Steven Hauschka, 2011-16	246
3	Josh Brown, 2003-07	224
4	Todd Peterson, 1995-99	177
5	Efren Herrera, 1978-81	148
6	John Kasay, 1991-94	97
	Jason Myers, 2019	**97**
8	Rian Lindell, 2000-02	96
9	Olindo Mare, 2008-10	89
10	John Leypoldt, 1976-78	59

RUSHING ATTEMPTS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	2,176
2	Curt Warner, 1983-89	1,649
3	Chris Warren, 1990-97	1,559
4	Marshawn Lynch, 2010-15, 19	1,469
5	John L. Williams, 1986-93	1,148
6	Ricky Watters, 1998-01	994
7	Sherman Smith, 1976-82	810
8	**Russell Wilson, 2012-**	**803**
9	**Chris Carson, 2017-**	**715**
10	Maurice Morris, 2002-08	604

RUSHING YARDS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	9,429
2	Chris Warren, 1990-97	6,706
3	Curt Warner, 1983-89	6,705
4	Marshawn Lynch, 2010-15, 19	6,381
5	John L. Williams, 1986-93	4,579
6	**Russell Wilson, 2012-**	**4,506**
7	Ricky Watters, 1998-01	4,009
8	Sherman Smith, 1976-82	3,429
9	**Chris Carson, 2017-**	**3,270**
10	Maurice Morris, 2002-08	2,612

RUSHING TOUCHDOWNS

	Player, Seasons	No.
1	Shaun Alexander, 2000-07	100
2	Marshawn Lynch, 2010-15, 19	58
3	Curt Warner, 1983-89	55
4	Chris Warren, 1990-97	44
5	Sherman Smith, 1976-82	28
6	Ricky Watters, 1998-01	22
7	**Chris Carson, 2017-**	**21**
	Russell Wilson, 2012-	**21**
9	Derrick Fenner, 1989-91	19
	David Sims, 1977-79	19

PASSING ATTEMPTS

	Player, Seasons	No.
1	**Russell Wilson, 2012-**	**4,335**
2	Matt Hasselbeck, 2001-10	4,250
3	Dave Krieg, 1980-91	3,576
4	Jim Zorn, 1976-84	2,992
5	Rick Mirer, 1993-96	1,523
6	Jon Kitna, 1997-00	1,128
7	Warren Moon, 1997-98	786
8	Seneca Wallace, 2003-09	556
9	Tarvaris Jackson, 2011, 2013-15	470
10	Kelly Stouffer, 1988-92	437

PASSING COMPLETIONS

	Player, Seasons	No.
1	**Russell Wilson, 2012-**	**2,820**
2	Matt Hasselbeck, 2001-10	2,559
3	Dave Krieg, 1980-91	2,096
4	Jim Zorn, 1976-84	1,593
5	Rick Mirer, 1993-96	814
6	Jon Kitna, 1997-00	658
7	Warren Moon, 1997-98	458
8	Seneca Wallace, 2003-09	333
9	Tarvaris Jackson, 2011, 2013-15	286
10	John Friesz, 1995-98	228

PASSING YARDS

	Player, Seasons	No.
1	**Russell Wilson, 2012-**	**33,946**
2	Matt Hasselbeck, 2001-10	29,434
3	Dave Krieg, 1980-91	26,132
4	Jim Zorn, 1976-84	20,122
5	Rick Mirer, 1993-96	9,094
6	Jon Kitna, 1997-00	7,552
7	Warren Moon, 1997-98	5,310
8	Seneca Wallace, 2003-09	3,547
9	Tarvaris Jackson, 2011, 2013-15	3,279
10	John Friesz, 1995-98	2,971

TOUCHDOWN PASSES

	Player, Seasons	No.
1	**Russell Wilson, 2012-**	**267**
2	Dave Krieg, 1980-91	195
3	Matt Hasselbeck, 2001-10	174
4	Jim Zorn, 1976-84	107
5	Jon Kitna, 1997-00	49
6	Rick Mirer, 1993-96	41
7	Warren Moon, 1997-98	36
8	Seneca Wallace, 2003-09	25
9	John Friesz, 1995-98	16
10	Tarvaris Jackson, 2011, 2013-15	15

PASSES HAD INTERCEPTED

	Player, Seasons	No.
1	Dave Krieg, 1980-91	148
2	Jim Zorn, 1976-84	133
3	Matt Hasselbeck, 2001-10	128
4	**Russell Wilson, 2012-**	**81**
5	Rick Mirer, 1993-96	56
6	Jon Kitna, 1997-00	45
7	Warren Moon, 1997-98	24
8	Kelly Stouffer, 1988-92	19
9	Jeff Kemp, 1987-91	18
10	Trent Dilfer, 2001-04	14
	Steve Myer, 1976-79	14
	Seneca Wallace, 2003-09	14

CAREER TOP 10

TIMES SACKED

	Player, Seasons	No.
1	**Russell Wilson, 2012-**	**394**
2	Dave Krieg, 1980-91	341
3	Matt Hasselbeck, 2001-10	307
4	Jim Zorn, 1976-84	201
5	Rick Mirer, 1993-96	138
6	Jon Kitna, 1997-00	79
7	Warren Moon, 1997-98	52
8	Kelly Stouffer, 1988-92	50
9	Seneca Wallace, 2003-09	43
	Tarvaris Jackson, 2011, 2013-15	43

QUARTERBACK RATING (MINIMUM 100 ATTEMPTS)

	Player, Seasons	No.
1	**Russell Wilson, 2012-**	**101.7**
2	Seneca Wallace, 2003-09	83.1
3	Dave Krieg, 1980-91	82.3
4	Matt Hasselbeck, 2001-10	82.2
5	Warren Moon, 1997-98	81.3
6	Tarvaris Jackson, 2011, 2013-15	81.0
7	Brock Huard, 1999-01	80.1
8	John Friesz, 1995-98	78.3
9	Jon Kitna, 1997-00	76.3
10	Trent Dilfer, 2001-04	72.5

PASS RECEPTIONS

	Player, Seasons	No.
1	Steve Largent, 1976-89	819
2	Brian Blades, 1988-98	581
3	Doug Baldwin, 2011-18	493
4	John L. Williams, 1986-93	471
5	Darrell Jackson, 2000-06	441
6	Bobby Engram, 2001-08	399
7	**Tyler Lockett, 2015-**	**376**
8	Joey Galloway, 1995-99	283
9	Koren Robinson, 2001-04, 08	244
10	Sam McCullum, 1976-81	232

RECEIVING YARDS

	Player, Seasons	No.
1	Steve Largent, 1976-89	13,089
2	Brian Blades, 1988-98	7,620
3	Doug Baldwin, 2011-18	6,563
4	Darrell Jackson, 2000-06	6,445
5	**Tyler Lockett, 2015-**	**4,892**
6	Bobby Engram, 2001-08	4,859
7	Joey Galloway, 1995-99	4,457
8	John L. Williams, 1986-93	4,151
9	Koren Robinson, 2001-04, 08	3,567
10	Sam McCullum, 1976-81	3,409

RECEIVING TOUCHDOWNS

	Player, Seasons	No.
1	Steve Largent, 1976-89	100
2	Doug Baldwin, 2010-18	49
3	Darrell Jackson, 2000-06	47
4	Joey Galloway, 1995-99	37
	Tyler Lockett, 2015-	**37**
6	Daryl Turner, 1984-87	36
7	Brian Blades, 1988-98	34
8	Sam McCullum, 1976-81	21
9	Bobby Engram, 2001-08	18
	Jimmy Graham, 2015-17	18

INTERCEPTIONS

	Player, Seasons	No.
1	Dave Brown, 1976-86	50
2	Eugene Robinson, 1985-95	42
3	John Harris, 1978-85	41
4	Kenny Easley, 1981-87	32
	Richard Sherman, 2011-17	32
6	Earl Thomas, 2010-18	28

INTERCEPTIONS, CONTINUED

7	Marcus Trufant, 2003-12	21
8	Darryl Williams, 1996-99	20
	Shawn Springs, 1997-03	20
10	Keith Simpson, 1978-85	19

INTERCEPTION RETURN YARDS

	Player, Seasons	No.
1	Dave Brown, 1976-86	643
2	Eugene Robinson, 1985-95	586
3	Kenny Easley, 1981-87	538
4	John Harris, 1978-85	425
5	Earl Thomas, 2010-18	417
6	Darryl Williams, 1996-99	402
7	Richard Sherman, 2011-17	395
8	Marcus Trufant, 2003-12	370
9	Keith Simpson, 1978-85	338
10	Brandon Browner, 2011-13	308

INTERCEPTION RETURN FOR TD

	Player, Seasons	No.
1	Dave Brown, 1976-86	5
2	Keith Simpson, 1978-85	3
	Kenny Easley, 1981-87	3
	Willie Williams, 1997-03	3
	Josh Wilson, 2007-09	3
6	John Harris, 1978-85	2
	Jacob Green, 1980-91	2
	Terry Taylor, 1984-88, 1994	2
	Darryl Williams, 1996-99	2
	Darrin Smith, 1998-99	2
	Shawn Springs, 1997-03	2
	Reggie Tongue, 2000-03	2
	Anthony Simmons, 1998-04	2
	Lofa Tatupu, 2005-10	2
	Marcus Trufant, 2003-12	2
	Brandon Browner, 2011-13	2
	Richard Sherman, 2011-17	2
	Bruce Irvin, 2012-15	2
	Earl Thomas, 2010-18	2
	Justin Coleman, 2017-18	2

PUNTS

	Player, Seasons	No.
1	Jon Ryan, 2008-17	770
2	Rick Tuten, 1991-97	554
3	Jeff Feagles, 1998-02	385
4	Jeff West, 1981-85	299
5	Herman Weaver, 1977-80	257
6	**Michael Dickson, 2018-**	**213**
7	Ruben Rodriguez, 1987-89	192
8	Ryan Plackemeier, 2006-08	181
9	Tom Rouen, 2003-05	154
10	Rick Engles, 1976-77	84

PUNTING YARDS

	Player, Seasons	No.
1	Jon Ryan, 2008-17	34,492
2	Rick Tuten, 1991-97	24,266
3	Jeff Feagles, 1998-02	16,225
4	Jeff West, 1981-85	11,518
5	Herman Weaver, 1977-80	10,182
6	**Michael Dickson, 2018-**	**10,128**
7	Ruben Rodriguez, 1987-89	7,733
8	Ryan Plackemeier, 2006-08	7,664
9	Tom Rouen, 2003-05	6,394
10	Rick Donnelly, 1990-91	3,227

INSIDE THE 20

	Player, Seasons	No.
1	Jon Ryan, 2008-17	276
2	Rick Tuten, 1991-97	147
3	Jeff Feagles, 1998-02	133
4	**Michael Dickson, 2018-**	**94**
5	Jeff West, 1981-85	73
6	Tom Rouen, 2003-05	59
7	Ryan Plackemeier, 2006-08	57
8	Herman Weaver, 1977-80	48
	Ruben Rodriguez, 1987-89	48
10	Rick Donnelly, 1990-91	19

TOUCHBACKS

	Player, Seasons	No.
1	Jon Ryan, 2008-17	60
2	Rick Tuten, 1991-97	45
3	Jeff Feagles, 1998-02	30
4	Jeff West, 1981-85	28
5	Ryan Plackemeier, 2006-08	21
6	Herman Weaver, 1977-80	20
7	Ruben Rodriguez, 1987-89	17
8	**Michael Dickson, 2018-**	**16**
9	Tom Rouen, 2003-05	11
10	Rick Donnelly, 1990-91	9

HAD BLOCKED

	Player, Seasons	No.
1	Herman Weaver, 1977-80	6
2	Jon Ryan, 2008-17	5
3	Rick Engles, 1976-77	3
4	Kyle Richardson, 1997	2
	Rick Tuten, 1991-97	2
	Jeff Feagles, 1998-02	2
	Tom Rouen, 2003-05	2
8	Ruben Rodriguez, 1987-89	1
	Donnie Jones, 2004	1
	Ken Walter, 2004	1
	Michael Dickson, 2018-	**1**

PUNT RETURNS

	Player, Seasons	No.
1	**Tyler Lockett, 2015-**	**143**
2	Nate Burleson, 2006-09	125
3	Leon Washington, 2010-12	104
4	Chris Warren, 1990-97	94
5	Bobby Joe Edmonds, 1986-88	89
6	Joey Galloway, 1995-99	79
7	Paul Johns, 1981-84	74
8	Charlie Rogers, 1999-01	73
9	Bobby Engram, 2001-08	70
10	Golden Tate, 2010-13	68

FAIR CATCHES

	Player, Seasons	No.
1	**Tyler Lockett, 2015-**	**94**
2	Bobby Engram, 2001-08	70
3	Chris Warren, 1990-97	60
4	Leon Washington, 2010-12	41
5	Charlie Rogers, 1999-01	40
6	Kelvin Martin, 1993-94	35
7	Jimmy Williams, 2005-06	31
8	Bobby Joe Edmonds, 1986-88	26
9	Paul Johns, 1981-84	23
	Joey Galloway, 1995-99	23
	Bryan Walters, 2012-14	23

PUNT RETURN YARDS

	Player, Seasons	No.
1	Nate Burleson, 2006-09	1,288
2	Leon Washington, 2010-12	1,069
3	**Tyler Lockett, 2015-**	**1,068**
4	Bobby Joe Edmonds, 1986-88	1,010
5	Charlie Rogers, 1999-01	925
6	Paul Johns, 1981-84	843
7	Joey Galloway, 1995-99	823
8	Chris Warren, 1990-97	819
9	Golden Tate, 2010-13	787
10	Bobby Engram, 2001-08	773

PUNT RETURN TD

	Player, Seasons	No.
1	Joey Galloway, 1995-99	4
2	Paul Johns, 1981-84	2
	Bobby Engram, 2001-08	2
	Nate Burleson, 2006-09	2
5	Will Lewis, 1980-81	1
	Bobby Joe Edmonds, 1986-88	1
	Chris Warren, 1990-97	1
	Charlie Rogers, 1999-01	1
	Tyler Lockett, 2015-	**1**

CAREER TOP 10

KICKOFF RETURNS

	Player, Seasons	No.
1	Steve Broussard, 1995-98	165
2	Charlie Rogers, 1999-01	134
3	Maurice Morris, 2002-08	129
4	Leon Washington, 2010-12	127
	Tyler Lockett, 2015-	**127**
6	Bobby Joe Edmonds, 1986-88	101
7	Josh Wilson, 2007-09	94
8	Chris Warren, 1990-97	86
9	Randall Morris, 1984-88	82
10	Al Hunter, 1977-80	78

KICKOFF RETURN YARDS

	Player, Seasons	No.
1	Steve Broussard, 1995-98	3,900
2	Leon Washington, 2010-12	3,329
3	Charlie Rogers, 1999-01	3,214
4	**Tyler Lockett, 2015-**	**3,188**
5	Maurice Morris, 2002-08	2,843
6	Josh Wilson, 2007-09	2,350
7	Bobby Joe Edmonds, 1986-88	2,228
8	Chris Warren, 1990-97	1,794
9	Al Hunter, 1977-80	1,717
10	Josh Scobey, 2005-07	1,641

KICKOFF RETURN TD

	Player, Seasons	No.
1	Leon Washington, 2010-12	4
2	**Tyler Lockett, 2015-**	**2**
3	Zachary Dixon, 1983-84	1
	James Jefferson, 1989-93	1
	Jon Vaughn, 1993-94	1
	Steve Broussard, 1995-98	1
	Charlie Rogers, 1999-01	1
	Maurice Morris, 2002-08	1
	Nate Burleson, 2006-09	1
	Josh Wilson, 2007-09	1

FUMBLES

	Player, Seasons	No.
1	Dave Krieg, 1980-91	108
2	**Russell Wilson, 2012-**	**80**
3	Matt Hasselbeck, 2001-10	55
4	Jim Zorn, 1976-84	48
5	Jon Kitna, 1997-00	38
6	Curt Warner, 1983-89	36
7	Shaun Alexander, 2000-07	31
8	Chris Warren, 1990-97	26
9	Rick Mirer, 1993-96	24
10	Sherman Smith, 1976-82	22

OWN FUMBLE RECOVERIES

	Player, Seasons	No.
1	**Russell Wilson, 2012-**	**35**
2	Dave Krieg, 1980-91	27
3	Jon Kitna, 1997-00	20
4	Matt Hasselbeck, 2001-10	14
5	Curt Warner, 1983-89	13
	Shaun Alexander, 2000-07	13
7	Jim Zorn, 1976-84	12
8	Chris Warren, 1990-97	10
9	John L. Williams, 1986-93	9
10	Sherman Smith, 1976-82	7
	Edwin Bailey, 1981-91	7
	Rick Mirer, 1993-96	7

FORCED FUMBLES

	Player, Seasons	No.
1	Jacob Green, 1980-91	28
2	Michael Sinclair, 1991-01	25
3	Rufus Porter, 1988-94	14
4	Bruce Scholtz, 1982-88	13
	Joe Nash, 1982-96	13
	Cortez Kennedy, 1990-00	13
	Cliff Avril, 2013-17	13

FORCED FUMBLES, CONTINUED

8	Jeff Bryant, 1982-93	12
9	Keith Butler, 1978-87	11
	Keith Simpson, 1978-85	11
	Chad Brown, 1997-04	11
	K.J. Wright, 2011-20	11

FUMBLE RECOVERIES

	Player, Seasons	No.
1	Jacob Green, 1980-91	17
2	Eugene Robinson, 1985-95	14
3	Chad Brown, 1997-04	13
4	Dave Brown, 1976-86	11
	John Harris, 1978-85	11
	Jeff Bryant, 1982-93	11
7	Kenny Easley, 1981-87	9
	Greg Gaines, 1981, 1983-88	9
	Shelton Robinson, 1982-85	9
	Terry Wooden, 1990-96	9
	Michael Sinclair, 1991-01	9
	K.J. Wright, 2011-20	9

FUMBLE RETURN YARDS

	Player, Seasons	No.
1	Chad Brown, 1997-04	96
2	Michael Sinclair, 1991-01	94
3	Corey Harris, 1995-96	85
	Shawn Springs, 1997-03	85
5	Antonio Edwards, 1993-97	83
6	**Bobby Wagner, 2012-**	**82**
7	Jacob Green, 1980-91	79
	Nick Reed, 2009	79
9	Carlton Gray, 1993-96	62
	John Harris, 1978-85	62

FUMBLE RETURN TD

	Player, Seasons	No.
1	Chad Brown, 1997-04	3
	Bobby Wagner, 2012-	**3**
3	Jacob Green, 1980-91	2
	Shelton Robinson, 1982-85	2
	Michael Sinclair, 1991-01	2
6	31 tied with	1
	(last: Justin Coleman in 2018)	

TACKLES

	Player, Seasons	No.
1	**Bobby Wagner, 2012-**	**1,211**
2	Eugene Robinson, 1985-95	984
3	K.J. Wright, 2011-20	934
4	Keith Butler, 1978-87	813
5	Joe Nash, 1982-96	779
6	Chad Brown, 1997-04	744
7	Jacob Green, 1980-91	718
8	Jeff Bryant, 1982-93	689
9	Dave Brown, 1976-86	684
10	Cortez Kennedy, 1990-00	668

QUARTERBACK SACKS

	Player, Seasons	No.
1	Jacob Green, 1980-91	116.0
2	Michael Sinclair, 1991-01	73.5
3	Jeff Bryant, 1982-93	63.0
4	Cortez Kennedy, 1990-00	58.0
5	Chad Brown, 1997-04	48.0
6	Joe Nash, 1982-96	47.5
7	Michael Bennett, 2009, 2013-17	39.0
8	Chris Clemons, 2010-13	38.0
9	Rufus Porter, 1988-94	37.5
10	Frank Clark, 2015-18	35.0

YARDS LOST ON SACKS

	Player, Seasons	No.
1	Jacob Green, 1980-91	753.0
2	Jeff Bryant, 1982-93	469.0
3	Michael Sinclair, 1991-01	417.0
4	Cortez Kennedy, 1990-00	392.0
5	Joe Nash, 1982-96	312.0
	Rufus Porter, 1988-94	312.0
7	Chris Clemons, 2010-13	290.0
8	Chad Brown, 1997-04	284.5
9	Michael Bennett, 2009, 2013-17	255.0
10	Cliff Avril, 2013-17	225.5

BLOCKED PUNTS RETURNED FOR TOUCHDOWNS

	Player, Seasons	No.
1	Steve Raible, 1976-81	1
	Autry Beamon, 1977-79	1
	Jessie Green, 1979-80	1
	Eric Lane, 1981-87	1
	Sam Merriman, 1983-87	1
	Paul Moyer, 1983-89	1
	Terry Taylor, 1984-88, 1994	1
	Eugene Robinson, 1985-95	1
	Alex Bannister, 2001-05	1
	Earl Thomas, 2010-18	1
	Michael Robinson, 2010-13	1
	Malcolm Smith, 2011-14	1
	Mike Morgan, 2011-16	1

BLOCKED PUNTS

	Player, Seasons	No.
1	Kerry Justin, 1978-83, 1986-87	3
2	Don Dufek, 1976-77, 1979	2
	Sam Merriman, 1983-87	2
	Fredd Young, 1984-87	2
	Patrick Hunter, 1986-94	2
	Doug Baldwin, 2011-18	2
6	19 tied with	1

BLOCKED PAT'S

	Player, Seasons	No.
1	Mike White, 1981-82	3
2	Jeff Bryant, 1982-93	2
	Jacob Green, 1980-91	2
	Joe Nash, 1982-96	2
5	Dennis Boyd, 1977-79, 1981-82	1
	Brian Flones, 1981-82	1
	Terry Wooden, 1990-96	1
	Red Bryant, 2008-13	1
	Jeremy Lane, 2012-17	1
	Tre Flowers, 2018-	**1**

BLOCKED FIELD GOALS

	Player, Seasons	No.
1	Joe Nash, 1982-96	8
	Craig Terrill, 2004-10	8
3	Red Bryant, 2008-13	4
4	Jeff Bryant, 1982-93	3
5	Dennis Boyd, 1977-79, 1981-82	2
	Jacob Green, 1980-91	2
	Mike White, 1981-82	2
	Bobby Wagner, 2012-	**2**
	Rasheem Green, 2018-	**2**
10	19 players tied with	1

BLOCKED FIELD GOALS RETURNED FOR TOUCHDOWN

	Player, Seasons	No.
1	Byron Walker, 1982-86	1
	Vernon Dean, 1988	1
	Robert Blackmon, 1990-96	1
	Shawn Springs, 1997-03	1
	Richard Sherman, 2011-17	1

RETURN TOUCHDOWNS

(TDs scored via Interception, Punt, Kickoff, Fumble, Blocked Punt, or Blocked FG)

	Player, Seasons	No.
1	Dave Brown, 1976-86	5
2	Jacob Green, 1980-91	4
	Joey Galloway, 1995-99	4
	Shawn Springs, 1997-03	4
	Willie Williams, 1997-03	4
	Josh Wilson, 2007-09	4
	Leon Washington, 2010-12	4
	Earl Thomas, 2010-18	4
	Bobby Wagner, 2012-	**4**
10	Kenny Easley, 1981-87	3
	Keith Simpson, 1978-86	3
	Terry Taylor, 1984-88, 1994	3
	Chad Brown, 1997-04	3
	Nate Burleson, 2006-09	3
	Richard Sherman, 2011-17	3
	Tyler Lockett, 2015-	**3**
	Justin Coleman, 2017-18	3

YEARLY LEADERS

TOUCHDOWNS

		G	Tot.	Rush	Rec.	Ret.	PAT	Pts.
1976	Sherman Smith	12	5	4	1	0	0/0	30
1977	Steve Largent	14	10	0	10	0	0/0	60
1978	David Sims	12	15*	14*	1	0	0/0	90*
1979	Sherman Smith	16	15	11	4	0	0/0	90
1980	Jim Jodat	16	6	5	1	0	0/0	36
1981	Steve Largent	16	10	1	9	0	0/0	60
1982	Steve Largent	8	3	0	3	0	0/0	18
1983	Curt Warner	16	14+	13	1	0	0/0	84
1984	Steve Largent	16	12	0	12	0	0/0	72
1985	Daryl Turner	16	13	0	13*	0	0/0	78
1986	Curt Warner	16	13	13+	0	0	0/0	78
1987	Curt Warner	12	10	8	2	0	0/0	60
1988	Curt Warner	16	12	10	2	0	0/0	72
1989	John L. Williams	15	7	1	6	0	0/0	42
1990	Derrick Fenner	16	15+	14+	1	0	0/0	90
1991	John L. Williams	16	5	4	1	0	0/0	30
1992	Tommy Kane	11	3	0	3	0	0/0	18
	Chris Warren	16	3	3	0	0	0/0	18
	John L. Williams	16	3	1	2	0	0/0	18
1993	Chris Warren	14	7	7	0	0	0/0	42
1994	Chris Warren	16	11	9	2	0	1/1	68
1995	Chris Warren	16	16	15+	1	0	0/1	96
1996	Lamar Smith	16	8	8	0	0	3/3	54
	Joey Galloway	16	8	0	7	1	0/0	48
1997	Joey Galloway	15	12	0	12+	0	0/0	72
1998	Joey Galloway	16	12	0	10+	2	0/0	72
1999	Derrick Mayes	16	10	0	10	0	0/0	60
2000	Ricky Watters	16	9	7	2	0	0/0	54
2001	Shaun Alexander	16	16	14+	2	0	0/0	96+
2002	Shaun Alexander	16	18^	16^	2	0	0/0	108^
2003	Shaun Alexander	16	16	14	2	0	0/0	96
2004	Shaun Alexander	16	20*	16^	4	0	0/0	120*
2005	Shaun Alexander	16	28*	27*	1	0	0/0	168*
2006	Darrell Jackson	13	10	0	10	0	0/0	60
2007	Nate Burleson	16	11	0	9	2	0/0	66
2008	T.J. Duckett	16	8	8	0	0	0/0	48
2009	John Carlson	16	7	0	7	0	0/0	42
2010	Marshawn Lynch	12	6	6	0	0	0/0	36
2011	Marshawn Lynch	15	13	12	1	0	0/0	78
2012	Marshawn Lynch	16	12	11	1	0	0/0	72
2013	Marshawn Lynch	16	14	12*	2	0	0/0	84
2014	Marshawn Lynch	16	17*	13*	4	0	0/0	102*
2015	Doug Baldwin	16	14*	0	14*	0	0/0	84*
2016	Doug Baldwin	16	7	0	7	0	0/0	42
2017	Jimmy Graham	16	10	0	10^	0	0/0	62
2018	Tyler Lockett	16	10	0	10	0	0/0	62
2019	Chris Carson	15	9	7	2	0	0/0	54
2020	Tyler Lockett	16	10	0	10	0	0/0	60
	DK Metcalf	16	10	0	10	0	0/0	60

* Led NFL; + Led AFC; ^ Led NFC

KICK SCORING

		G	PATs	FGs	Pts.
1976	John Leypoldt	11	19-22	8-12	43
1977	John Leypoldt	14	33-37	9-18	60
1978	Efren Herrera	16	40-44	13-21	79
1979	Efren Herrera	16	43-46	19-23	100
1980	Efren Herrera	16	33-33	20-31	93
1981	Efren Herrera	12	23-25	12-17	59
1982	Norm Johnson	9	13-14	10-14	43
1983	Norm Johnson	16	49-50	18-25	103
1984	Norm Johnson	16	50-51	20-24	110
1985	Norm Johnson	16	40-41	14-25	82
1986	Norm Johnson	16	42-42	22-35*	108
1987	Norm Johnson	13	40-40	15-20	85
1988	Norm Johnson	16	39-39	22-28	105
1989	Norm Johnson	16	27-27	15-25	72
1990	Norm Johnson	16	33-34	23-32	102
1991	John Kasay	16	27-28	25-31	102
1992	John Kasay	16	14-14	14-22	56
1993	John Kasay	16	29-29	23-28	98
1994	John Kasay	16	25-26	20-24	85
1995	Todd Peterson	16	40-40	23-28	109
1996	Todd Peterson	16	27-27	28-34	111
1997	Todd Peterson	16	37-37	22-28	103
1998	Todd Peterson	16	41-41	19-24	98
1999	Todd Peterson	16	32-32	34-40	134
2000	Rian Lindell	12	25-25	15-17	70

KICK SCORING, CONTINUED

		G	PATs	FGs	Pts.
2001	Rian Lindell	16	33-33	20-32	93
2002	Rian Lindell	16	38-38	23-29	107
2003	Josh Brown	16	48-48	22-30	114
2004	Josh Brown	16	40-40	23-25	109
2005	Josh Brown	16	56-57	18-25	110
2006	Josh Brown	16	36-36	25-31	111
2007	Josh Brown	16	43-43	28-34	127
2008	Olindo Mare	16	30-30	24-27	102
2009	Olindo Mare	16	28-28	24-26	100
2010	Olindo Mare	16	31-31	25-30	106
2011	Steven Hauschka	16	34-34	25-30	109
2012	Steven Hauschka	16	46-48	24-27	118
2013	Steven Hauschka	16	44-44	33-35	143^
2014	Steven Hauschka	16	41-41	31-37	134
2015	Steven Hauschka	16	40-44	29-31	127
2016	Steven Hauschka	16	29-35	33-37	128
2017	Blair Walsh	16	37-38	21-29	100
2018	Sebastian Janikowski	16	48-51	22-27	114
2019	Jason Myers	16	40-44	23-28	109
2020	Jason Myers	16	49-53	24-24	121

^ Led NFC

RUSHING

		G	Att.	Yds.	Avg.	LG	TD
1976	Sherman Smith	12	119	537	4.5	53t	4
1977	Sherman Smith	14	163	763	4.7	39	4
1978	Sherman Smith	12	165	805	4.9	67t	6
1979	Sherman Smith	16	194	775	4.0	41t	11
1980	Jim Jodat	16	155	632	4.1	26	5
1981	Theotis Brown	10	141	531	3.8	43t	6
1982	Sherman Smith	9	63	202	3.2	19	0
1983	Curt Warner	16	335+	1449+	4.3	60	13
1984	David Hughes	16	94	327	3.3	15	1
1985	Curt Warner	16	291	1094	3.8	38t	8
1986	Curt Warner	16	319+	1481+	4.6	60t	13+
1987	Curt Warner	12	234	985	4.2	57t	8
1988	Curt Warner	16	266	1025	3.9	29t	10
1989	Curt Warner	16	194	631	3.3	34	3
1990	Derrick Fenner	16	215	859	4.0	36t	14*
1991	John L. Williams	16	188	741	3.9	42	4
1992	Chris Warren	16	223	1017	4.6	52	3
1993	Chris Warren	14	273	1072	3.9	45t	7
1994	Chris Warren	16	333	1545+	4.6+	41	9
1995	Chris Warren	16	310	1346	4.3	52	15+
1996	Chris Warren	14	203	885	4.2	51	5
1997	Chris Warren	15	200	847	4.2	36t	4
1998	Ricky Watters	16	319	1239	3.9	39t	9
1999	Ricky Watters	16	325	1210	3.7	45	5
2000	Ricky Watters	16	278	1242	4.5	55t	7
2001	Shaun Alexander	16	309	1318	4.3	88t	14+
2002	Shaun Alexander	16	295	1175	4.0	58	16^
2003	Shaun Alexander	16	326	1435	4.4	55	14
2004	Shaun Alexander	16	353	1696^	4.8^	44	16^
2005	Shaun Alexander	16	370	1880*	5.1	88t	27!*
2006	Shaun Alexander	10	252	896	3.6	33t	7
2007	Shaun Alexander	13	207	716	3.5	25	4
2008	Julius Jones	15	158	698	4.4	33	2
2009	Julius Jones	14	177	633	3.7	62t	2
2010	Marshawn Lynch	12	165	573	3.5	39	6
2011	Marshawn Lynch	15	285	1204	4.2	47	12
2012	Marshawn Lynch	16	315	1590	5.0	77t	11
2013	Marshawn Lynch	16	301	1257	4.2	43	12*
2014	Marshawn Lynch	16	280	1306	4.7	79t	13*
2015	Thomas Rawls	13	147	830	5.6*	69t	4
2016	Christine Michael	9	117	469	4.0	41t	6
2017	Russell Wilson	16	95	586	6.2	31	3
2018	Chris Carson	14	247	1151	4.7	61	9
2019	Chris Carson	15	278	1230	4.4	59	7
2020	Chris Carson	12	141	681	4.8	29t	5

! NFL single-season record; * Led NFL; + Led AFC; ^ Led NFC

PASSING

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1976	Jim Zorn	14/14	439*	208	2571	47.3	12	27	49.5
1977	Jim Zorn	10/10	251	104	1683	41.4	16	19	54.3
1978	Jim Zorn	16/16	443+	248+	3283+	56.0	15	20	72.2
1979	Jim Zorn	16/16	505	285	3661	56.4	20	18	77.7
1980	Jim Zorn	16/16	488	276	3346	56.6	17	20	72.3
1981	Jim Zorn	13/13	397	236	2788	59.4	13	9	82.3
1982	Jim Zorn	9/7	245	126	1540	51.4	7	11	62.0
1983	Dave Krieg	9/8	243	147	2139	60.5	18	11	95.0

YEARLY LEADERS

PASSING, CONTINUED

		G/S	Att.	Comp.	Yds.	Pct.	TD	Int.	Rate
1984	Dave Krieg	16/16	480	276	3671	57.5	32	24	83.3
1985	Dave Krieg	16/16	532	285	3602	53.6	27	20	76.2
1986	Dave Krieg	15/15	375	225	2921	60.0	21	11	91.0
1987	Dave Krieg	12/12	294	178	2131	60.5	23	15	87.6
1988	Dave Krieg	9/9	228	134	1741	58.8	18	8*	94.6
1989	Dave Krieg	15/14	499	286	3309	57.3	21	20	74.8
1990	Dave Krieg	16/16	448	265	3194	59.2	15	20	73.6
1991	Dave Krieg	10/9	285	187	2080	65.6*	11	12	82.5
1992	Stan Gelbaugh	10/8	255	121	1307	47.5	6	11	52.9
1993	Rick Mirer	16/16	486	274	2833	56.4	12	17	67.0
1994	Rick Mirer	13/13	381	195	2151	51.2	11	7*	70.2
1995	Rick Mirer	15/13	391	209	2564	53.5	13	20+	63.7
1996	John Friesz	8/6	211	120	1629	56.9	8	4	86.4
1997	Warren Moon	15/14	528	313	3678	59.3	25	16	83.7
1998	Warren Moon	10/10	258	145	1632	56.2	11	8	76.6
1999	Jon Kitna	15/15	495	270	3346	54.5	23	16	77.7
2000	Jon Kitna	15/12	418	259	2658	62.0	18	19	75.6
2001	Matt Hasselbeck	13/12	321	176	2023	54.8	7	8	70.9
2002	Matt Hasselbeck	16/10	419	267	3075	63.7^	15	10	87.8
2003	Matt Hasselbeck	16/16	513	313	3841	61.0	26	15	88.8
2004	Matt Hasselbeck	14/14	474	279	3382	58.9	22	15	83.1
2005	Matt Hasselbeck	16/16	449	294	3459	65.5	24^	9	98.2^
2006	Matt Hasselbeck	12/12	371	210	2442	56.6	18	15	76.0
2007	Matt Hasselbeck	16/16	562	352	3966	62.6	28	12	91.4
2008	Seneca Wallace	10/8	242	141	1532	58.3	11	3	87.0
2009	Matt Hasselbeck	14/14	488	293	3029	60.0	17	17	75.1
2010	Matt Hasselbeck	14/14	444	266	3001	59.9	12	17	73.2
2011	Tarvaris Jackson	15/14	450	271	3091	60.2	14	13	79.2
2012	Russell Wilson	16/16	393	252	3118	64.1	26	10	100.0
2013	Russell Wilson	16/16	407	257	3357	63.1	26	9	101.2
2014	Russell Wilson	16/16	452	285	3475	63.1	20	7	95.0
2015	Russell Wilson	16/16	483	329	4024	68.1	34	8	110.1*
2016	Russell Wilson	16/16	546	353	4219	64.7	21	11	92.6
2017	Russell Wilson	16/16	553	339	3983	61.3	34*	11	95.4
2018	Russell Wilson	16/16	427	280	3448	65.6	35	7	110.9
2019	Russell Wilson	16/16	516	341	4110	66.0	31	5	106.3
2020	Russell Wilson	16/16	558	384	4212	68.8	40	13	105.1

* Led NFL; ^ Led NFC; + Led AFC

RECEIVING

		G	No.	Yds.	Avg.	LG	TD
1976	Steve Largent	14	54	705	13.0	45	4
1977	Steve Largent	14	33	643	19.4	74t	10
1978	Steve Largent	16	71+	1168	16.5	57t	8
1979	Steve Largent	15	66	1237+	18.7	55t	9
1980	Steve Largent	16	66	1064	16.1	67t	6
1981	Steve Largent	16	75	1224	16.3	57t	9
1982	Steve Largent	8	34	493	14.5	45	3
1983	Steve Largent	15	72	1074	14.9	46t	11
1984	Steve Largent	16	74	1164	15.7	65t	12
1985	Steve Largent	16	79	1287+	16.3	43	6
1986	Steve Largent	16	70	1070	15.3	38t	9
1987	Steve Largent	13	58	912	15.7	55t	8
1988	John L. Williams	16	58	651	11.2	75t	3
1989	Brian Blades	16	77	1063	13.8	60t	5
1990	John L. Williams	16	73	699	9.6	60	0
1991	Brian Blades	16	70	1003	14.3	52	2
1992	John L. Williams	16	74	556	7.5	27t	2
1993	Brian Blades	16	80	945	11.8	41	3
1994	Brian Blades	16	81	1086	13.4	41	4
1995	Brian Blades	16	77	1001	13.0	49	4
1996	Joey Galloway	16	57	987	17.3	65t	7
1997	Joey Galloway	15	72	1049	14.6	53t	12+
1998	Joey Galloway	16	65	1047	16.1	81t	10+
1999	Derrick Mayes	16	62	829	13.4	43t	10
2000	Sean Dawkins	16	63	731	11.6	40	5
	Ricky Watters	16	63	613	9.7	59	2
2001	Darrell Jackson	16	70	1081	15.4	64	8
2002	Koren Robinson	16	78	1240	15.9	83	5
2003	Darrell Jackson	16	68	1137	16.7	80t	9
2004	Darrell Jackson	16	87	1199	13.8	56t	7
2005	Bobby Engram	13	67	778	11.6	56	3
2006	Darrell Jackson	13	63	956	15.2	72t	10
2007	Bobby Engram	16	94	1147	12.2	49	6
2008	John Carlson	16	55	627	11.4	33	5
2009	T.J. Houshmandzadeh	16	79	911	11.5	53	3
2010	Mike Williams	14	65	751	11.6	68	2
2011	Doug Baldwin	16	51	788	15.5	55t	4
2012	Sidney Rice	16	50	748	15.0	46t	7
2013	Golden Tate	16	64	898	14.0	80t	5
2014	Doug Baldwin	16	66	825	12.5	49	3
2015	Doug Baldwin	16	78	1069	13.7	80t	14*
2016	Doug Baldwin	16	94	1128	12.0	59	7

RECEIVING, CONTINUED

		G	No.	Yds.	Avg.	LG	TD
2017	Doug Baldwin	16	75	991	13.2	54	8
2018	Tyler Lockett	16	57	965	16.9	52t	10
2019	Tyler Lockett	16	82	1057	12.9	44t	8
2020	Tyler Lockett	16	100	1054	10.5	47t	10

* Led NFL; + Led AFC; ^ Led NFC

RECEIVING YARDS

		G	Yds.	No.	Avg.	LG	TD
1976	Steve Largent	14	705	54	13.0	45	4
1977	Steve Largent	14	643	33	19.4	74t	10
1978	Steve Largent	16	1168	71+	16.5	57t	8
1979	Steve Largent	15	1237+	66	18.7	55t	9
1980	Steve Largent	16	1064	66	16.1	67t	6
1981	Steve Largent	16	1224	75	16.3	57t	9
1982	Steve Largent	8	493	34	14.5	45	3
1983	Steve Largent	15	1074	72	14.9	46t	11
1984	Steve Largent	16	1164	74	15.7	65t	12
1985	Steve Largent	16	1287+	79	16.3	43	6
1986	Steve Largent	16	1070	70	15.3	38t	9
1987	Steve Largent	13	912	58	15.7	55t	8
1988	Brian Blades	16	682	40	17.1	55t	8
1989	Brian Blades	16	1063	77	13.8	60	5
1990	Tommy Kane	16	776	52	14.9	63	4
1991	Brian Blades	16	1003	70	14.3	52	2
1992	John L. Williams	16	556	74	7.5	27t	2
1993	Brian Blades	16	945	80	11.8	41	3
1994	Brian Blades	16	1086	81	13.4	45	4
1995	Joey Galloway	16	1037	67	15.5	59	7
1996	Joey Galloway	16	987	57	17.3	65t	7
1997	Joey Galloway	15	1049	72	14.6	53t	12+
1998	Joey Galloway	16	1047	65	16.1	81t	10+
1999	Sean Dawkins	16	992	58	17.1	45t	7
2000	Sean Dawkins	16	731	63	11.6	40	5
2001	Darrell Jackson	16	1081	70	15.4	64	8
2002	Koren Robinson	16	1240	78	15.9	83	5
2003	Darrell Jackson	16	1137	68	16.7	80t	9
2004	Darrell Jackson	16	1199	87	13.8	56t	7
2005	Bobby Engram	13	778	67	11.6	56	3
2006	Darrell Jackson	13	956	63	15.2	72t	10
2007	Bobby Engram	16	1147	94	12.2	49	6
2008	John Carlson	16	627	55	11.4	33	5
2009	T.J. Houshmandzadeh	16	911	79	11.5	53	3
2010	Mike Williams	14	751	65	11.6	68	2
2011	Doug Baldwin	16	788	51	15.5	55t	4
2012	Sidney Rice	16	748	50	15.0	46t	7
2013	Golden Tate	16	898	64	14.0	80t	5
2014	Doug Baldwin	16	825	66	12.5	49	3
2015	Doug Baldwin	16	1069	78	13.7	80t	14*
2016	Doug Baldwin	16	1128	94	12.0	59	7
2017	Doug Baldwin	16	991	75	13.2	54	8
2018	Tyler Lockett	16	965	57	16.9	52t	10
2019	Tyler Lockett	16	1057	82	12.9	44t	8
2020	DK Metcalf	16	1303	83	15.7	62	10

* Led NFL; + Led AFC

INTERCEPTIONS

		G	No.	Yds.	Avg.	LG	TD
1976	Dave Brown	14	4	70	17.5	34	0
	Rolly Woolsey	14	4	19	4.7	13	0
1977	Autry Beamon	14	6	36	6.0	16	0
1978	Cornell Webster	15	5	9	1.8	14	0
1979	Dave Brown	16	5	46	9.2	32t	1
1980	Dave Brown	16	6	32	5.3	24	0
	John Harris	16	6	28	4.7	15	0
1981	John Harris	16	10+	155	15.5	42t	2+
1982	Kenny Easley	8	4	48	12.0	44	0
	John Harris	9	4	33	8.3	18	0
1983	Kenny Easley	16	7	96	13.2	38	0
1984	Kenny Easley	16	10+	126	12.6	58t	2*
1985	John Harris	16	7	20	2.9	17	0
1986	Dave Brown	16	5	58	11.6	24	1
1987	Kenny Easley	12	4	47	11.8	22	0
1988	Paul Moyer	16	6	79	13.2	34	0
1989	Eugene Robinson	16	5	24	4.8	20	0
1990	Eugene Robinson	16	3	89	29.7	39	0
	Dwayne Harper	16	3	69	23.0	47	0
1991	Eugene Robinson	16	5	56	11.2	27	0
1992	Eugene Robinson	16	7	126	18.0	49	0
1993	Eugene Robinson	16	9*	80	8.9	28	0
1994	Patrick Hunter	5	3	85	28.3	51	0
	Terry Wooden	16	3	78	26.0	69t	1
	Orlando Watters	16	3	39	13.0	18	1
	Eugene Robinson	13	3	18	6.0	18	0
1995	Robert Blackmon	13	5	46	9.2	21	0
1996	Darryl Williams	16	5	148	29.6	79	1
1997	Darryl Williams	16	8+	172	21.5	44	1
1998	Shawn Springs	16	7	142	20.3	56t	2#
1999	Shawn Springs	16	5	77	15.4	42	0
	Willie Williams	16	5	43	8.6	40t	1
2000	Jay Bellamy	16	4	132	33.0	84t	1
	Willie Williams	16	4	74	18.5	69t	1

YEARLY LEADERS

INTERCEPTIONS, CONTINUED

		G	No.	Yds.	Avg.	LG	TD
2001	Willie Williams	16	4	24	6.0	24	0
2002	Reggie Tongue	16	5	118	23.6	46t	1
2003	Reggie Tongue	14	4	11	2.8	10	0
2004	Ken Lucas	16	6!	46	7.7	25	1
2005	Michael Boulware	16	4	107	26.8	40	0
2006	Ken Hamlin	16	3	63	21.0	37	0
2007	Marcus Trufant	16	7	150	21.4	84t	1
2008	Josh Wilson	16	4	135	33.8	75t	1
2009	David Hawthorne	16	3	9	3.0	5	0
	Deon Grant	16	3	7	2.3	7	0
2010	Earl Thomas	16	5	68	13.6	34	0
2011	Brandon Browner	16	6	220	36.7	94t	2*
2012	Richard Sherman	16	8	57	7.1	29	1
2013	Richard Sherman	16	8*	125	15.6	58t	1
2014	Richard Sherman	16	4	81	20.3	53	0
2015	Earl Thomas	16	5	67	13.4	32	0
2016	Richard Sherman	16	4	37	9.3	31	0
2017	Justin Coleman	16	2	58	29.0	30t	2
	Richard Sherman	9	2	20	10.0	19	0
	Earl Thomas	14	2	97	48.5	78t	1
	Bobby Wagner	16	2	7	3.5	7	0
2018	Bradley McDougald	16	3	39	13.0	39	0
	Earl Thomas	4	3	25	8.3	25	0
2019	Quandre Diggs	6	3	99	33.0	55t	1
	K.J. Wright	16	3	10	3.3	11	0
	Tre Flowers	15	3	0	0.0	0	0
2020	Quandre Diggs	16	5!	57	11.4	32	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC

PUNTING

		G	No.	Yds.	Avg.	Net	LG	TB	I20	Blk.
1976	Rick Engles	14	80	3067	38.3	29.9	55	3	13	2
1977	Herman Weaver	13	58	2293	39.5	31.8	59	4	10	1
1978	Herman Weaver	16	66	2440	37.0	29.5	59	6	13	0
1979	Herman Weaver	16	66	2651	40.2	33.4	60	3	11	3
1980	Herman Weaver	16	67	2798	41.8	31.6	62	7	14	2
1981	Jeff West	15	66	2578	39.1	36.1+	56	2	16	0
1982	Jeff West	9	48	1835	38.2	36.7	52	3	8	0
1983	Jeff West	16	79	3115	39.5	34.6	56	10	25	0
1984	Jeff West	16	95	3567	37.5	33.3	60	10	24	0
1985	Dave Finzer	12	68	2766	40.7	34.6	61	6	12	0
1986	Vince Gamache	16	79	3048	38.6	33.0	55	7	10	0
1987	Ruben Rodriguez	12	47	1880	40.0	34.0	63	5	17	0
1988	Ruben Rodriguez	16	70	2858	40.8	36.8	68	4	14	0
1989	Ruben Rodriguez	16	75	2995	39.9	32.9	59	8	17	1
1990	Rick Donnelly	16	67	2722	40.6	34.4	54	8	18	0
1991	Rick Tuten	10	49	2106	43.0	36.9	60	3	8	0
1992	Rick Tuten	16	108*	4760*	44.1	38.7	65	8	29*	0
1993	Rick Tuten	16	90	4007	44.5	37.3	64	7	21	1
1994	Rick Tuten	16	91	3905	42.9	36.7	64	7	33	0
1995	Rick Tuten	16	83	3735	45.0*	36.5	73*	8	21	0
1996	Rick Tuten	16	85	3746	44.1	34.5	66	7	21	1
1997	Rick Tuten	11	48	2007	41.8	36.4	65	5	15	0
1998	Jeff Feagles	16	81	3570	44.1	36.5	59	12	27	0
1999	Jeff Feagles	16	84	3425	40.8	35.2	59	5	34	0
2000	Jeff Feagles	16	74	2960	40.0	36.9	57	2	24	1
2001	Jeff Feagles	16	85	3730	43.9	36.4	68	7	26	1
2002	Jeff Feagles	16	61	2542	41.7	37.0	58	4	22	0
2003	Tom Rouen	16	67	2762	41.2	37.1	61	3	29	2
2004	Tom Rouen	4	26	1093	42.0	37.8	60	1	10	0
	Donnie Jones	6	26	988	38.0	32.2	51	2	6	1
2005	Tom Rouen	12	61	2539	41.6	35.0	62	7	20	0
2006	Ryan Plackemeier	16	84	3778	45.0	37.3	72	15	25	0
2007	Ryan Plackemeier	16	86	3436	40.0	34.3	62	6	30	0
2008	Jon Ryan	15	78	3557	45.6	37.9	63	12	22	1
2009	Jon Ryan	16	88	4068	46.2	38.7	70	9	28	0
2010	Jon Ryan	16	78	3254	41.7	37.3	63	1	27	0
2011	Jon Ryan	16	95	4431	46.6	39.3	77	8	34*	0
2012	Jon Ryan	16	65	2963	45.6	40.8	73	3	30	0
2013	Jon Ryan	16	74	3159	42.7	39.2	69	5	28	2
2014	Jon Ryan	16	61	2688	44.1	38.3	66	6	28	1
2015	Jon Ryan	16	68	3105	45.7	37.9	73	7	24	0
2016	Jon Ryan	16	71	3126	44.0	39.3	64	3	26	1
2017	Jon Ryan	16	92	4141	45.0	38.8	74	6	29	0
2018	Michael Dickson	16	78	3759	48.2	42.5	69	5	28	1
2019	Michael Dickson	16	74	3341	45.1	40.9	63	5	34^	0
2020	Michael Dickson	16	61	3028	49.6^	44.4	67	6	32*	0

* Led NFL; + Led AFC; # Tied AFC; ! Tied NFC; ^ Led NFC

PUNT RETURNS

		G	No.	FC	Yds.	Avg.	LG	TD
1976	Lyle Blackwood	11	19	2	132	6.9	26	0
1977	Walter Packer	10	20	0	131	6.5	31	0
1978	Rufus Crawford	16	34	4	284	8.4	22	0
1979	Tony Green	11	16	3	121	7.6	30	0

PUNT RETURNS, CONTINUED

		G	No.	FC	Yds.	Avg.	LG	TD
1980	Will Lewis	16	41	9	349	8.5	75t	1
1981	Paul Johns	16	16	4	177	11.1	34	0
1982	Paul Johns	9	19	10	210	11.1	37	0
1983	Paul Johns	11	28	5	316	11.3	75t	1*
1984	Kenny Easley	16	16	5	194	12.1	42	0
1985	Paul Skansi	12	31	7	312	10.1	32	0
1986	Bobby Joe Edmonds	15	34	14	419	12.3*	75t	1+
1987	Bobby Joe Edmonds	11	20	4	251	12.6+	40	0
1988	Bobby Joe Edmonds	16	35	8	340	9.7	41	0
1989	David Hollis	10	18	7	164	9.1	21	0
1990	Chris Warren	16	28	16	269	9.6	39	0
1991	Chris Warren	16	32	19	298	9.3	59t	1*
1992	Chris Warren	16	34	25	252	7.4	16	0
1993	Kelvin Martin	16	32	15	270	8.4	33	0
1994	Kelvin Martin	16	33	20	280	8.5	23	0
1995	Joey Galloway	16	36	12	360	10.0	89t*	1
1996	Joey Galloway	16	15	5	158	10.5	88t+	1+
1997	Ronnie Harris	13	21	12	144	6.9	19	0
1998	Joey Galloway	16	25	5	251	10.0	74t	2@
1999	Charlie Rogers	12	22	18	318	14.5*	94t*	1
2000	Charlie Rogers	15	26	12	363	14.0	43	0
2001	Charlie Rogers	13	25	10	244	9.8	34	0
2002	Bobby Engram	15	21	23	224	10.7	61t	1
2003	Bobby Engram	16	31	22	320	10.3	83t	1
2004	Maurice Morris	15	15	4	75	5.0	22	0
2005	Jimmy Williams	14	24	22	139	5.8	24	0
2006	Nate Burleson	16	34	7	322	9.5	90t	1
2007	Nate Burleson	16	58	8	658	11.3	94t	1
2008	Justin Forsett	11	23	9	227	9.9	29	0
2009	Nate Burleson	13	30	3	254	8.5	29	0
2010	Leon Washington	16	22	8	249	11.3	84	0
2011	Leon Washington	16	41	16	464	11.3	37	0
2012	Leon Washington	16	41	17	356	8.7	52	0
2013	Golden Tate	16	51	14	585	11.5	71	0
2014	Bryan Walters	13	27	23	207	7.7	21	0
2015	Tyler Lockett	16	40	21	379	9.5	66	1
2016	Tyler Lockett	15	29	22	243	8.4	62	0
2017	Tyler Lockett	16	36	21	237	6.6	27	0
2018	Tyler Lockett	16	25	20	143	5.7	19	0
2019	Tyler Lockett	16	13	10	66	5.1	20	0
2020	David Moore	16	12	14	111	9.3	20	0

* Led NFL; @ Tied NFL; + Led AFC; # Tied AFC

KICKOFF RETURNS

		G	No.	Yds.	Avg.	LG	TD
1976	Oliver Ross	10	30	655	21.8	45	0
1977	Al Hunter	12	36	820	22.7	41	0
1978	Al Hunter	16	16	385	24.1	38	0
1979	Tony Green	11	20	437	21.9	31	0
1980	Will Lewis	16	25	585	23.4	54	0
1981	Will Lewis	10	20	378	18.9	36	0
1982	Horace Ivory	6	10	224	22.4	30	0
1983	Zachary Dixon	13	49*	1448*	23.4	94t	1*
1984	David Hughes	16	17	348	20.5	38	0
1985	Randall Morris	16	31	636	20.5	58	0
1986	Bobby Joe Edmonds	15	34	764	22.5	46	0
1987	Bobby Joe Edmonds	11	27	564	20.9	43	0
1988	Bobby Joe Edmonds	16	40	900	22.5	65	0
1989	James Jefferson	16	22	511	23.2	97t+	1*
1990	Chris Warren	16	23	478	20.8	71	0
1991	Chris Warren	16	35	792	22.6	55	0
1992	Chris Warren	16	28	524	18.7	34	0
1993	Michael Bates	16	30	602	20.1	46	0
1994	Michael Bates	15	26	508	19.5	38	0
1995	Steve Broussard	15	43	1062	24.7	70	0
1996	Steve Broussard	12	43	979	22.8	86	0
1997	Steve Broussard	16	50	1076	21.5	43	0
1998	Steve Broussard	15	29	781	26.9	90t	1
1999	Ahman Green	14	36	818	22.7	54	0
2000	Charlie Rogers	15	66	1629	24.7	81t	1
2001	Charlie Rogers	13	50	1120	22.4	64	0
2002	Maurice Morris	11	34	821	24.1	97t	1
2003	Maurice Morris	16	47	1007	21.4	56	0
2004	Maurice Morris	15	47	994	21.1	34	0
2005	Josh Scobey	16	59	1326	22.5	53	0
2006	Nate Burleson	16	26	643	24.7	50	0
2007	Nate Burleson	16	27	590	21.9	91t	1
2008	Josh Wilson	16	69	1753	25.4	61	0
2009	Justin Forsett	16	18	432	24.0	46	0
2010	Leon Washington	16	57	1461	25.6	101t	3*
2011	Leon Washington	16	43	1084	25.2	54	0
2012	Leon Washington	16	27	784	29.0	98t	1
2013	Jermaine Kearse	15	13	283	21.8	40	0
2014	Paul Richardson	15	16	376	23.5	47	0
2015	Tyler Lockett	16	33	852	25.8	105t	1
2016	Tyler Lockett	15	23	606	26.3	46	0
2017	Tyler Lockett	16	37	949	25.6	99t	1
2018	Tyler Lockett	16	19	493	25.9	84	0
2019	Tyler Lockett	16	14	279	19.9	33	0
2020	Travis Homer	9	12	291	24.3	44	0

* Led NFL; + Led AFC

DEFENSIVE STATISTICS

TACKLES

Includes solo and assists

		G	No.
1976	Dave Brown	14	111
1977	Terry Beeson	14	134
1978	Terry Beeson	16	153
1979	Terry Beeson	16	114
1980	Michael Jackson	15	136
1981	Michael Jackson	16	140
1982	Michael Jackson	8	64
1983	Bruce Scholtz	16	104
1984	Shelton Robinson	16	93
1985	Fredd Young	16	118
1986	Fredd Young	15	121
1987	Fredd Young	13	101
1988	Eugene Robinson	16	114
1989	Eugene Robinson	16	102
1990	Nesby Glasgow	16	83
1991	Terry Wooden	16	100
1992	Eugene Robinson	16	94
1993	Eugene Robinson	16	111
1994	Rod Stephens	16	128
1995	Terry Wooden	16	135
1996	Dean Wells	16	107
1997	Chad Brown	15	104
1998	Chad Brown	16	150
1999	Chad Brown	15	117
2000	Anthony Simmons	16	147
2001	Anthony Simmons	16	123
2002	Reggie Tongue	16	93
2003	Anthony Simmons	13	100
2004	Marcus Trufant	16	93
2005	Lofa Tatupu	16	105
2006	Lofa Tatupu	16	123
2007	Lofa Tatupu	16	109
2008	Lofa Tatupu	15	94
2009	David Hawthorne	16	116
2010	David Hawthorne	16	105
2011	David Hawthorne	15	115
2012	Bobby Wagner	16	140
2013	Bobby Wagner	14	119
2014	K.J. Wright	16	107
2015	K.J. Wright	16	116
2016	Bobby Wagner	16	167*
2017	Bobby Wagner	16	133
2018	Bobby Wagner	15	138
2019	Bobby Wagner	16	159*
2020	Bobby Wagner	16	138

*Led NFL

SACKS

		G	No.
1976	Steve Niehaus	14	9.5
1977	Alden Roche	12	3.5
1978	Bill Gregory	16	9.0
1979	Manu Tuiasosopo	16	8.0
1980	Jacob Green	14	6.5
1981	Jacob Green	16	12.0
1982	Jeff Bryant	9	3.0
	Jacob Green	9	3.0
1983	Jacob Green	16	16.0
1984	Jeff Bryant	16	14.5
1985	Jacob Green	16	13.5
1986	Jacob Green	16	12.0
1987	Jacob Green	12	9.5
1988	Jacob Green	16	9.0
1989	Rufus Porter	16	10.5
1990	Jacob Green	16	12.5
1991	Rufus Porter	15	10.0
1992	Cortez Kennedy	16	14.0
1993	Michael Sinclair	9	8.0
1994	Michael Sinclair	12	4.5
1995	Antonio Edwards	13	6.5
	Cortez Kennedy	16	6.5
1996	Michael McCrary	16	13.5+
1997	Michael Sinclair	16	12.0
1998	Michael Sinclair	16	16.5*
1999	Phillip Daniels	16	9.0
2000	Chad Brown	16	6.0
	Lamar King	14	6.0
2001	John Randle	15	11.0
2002	John Randle	12	7.0
2003	Chike Okeafor	16	8.0

SACKS, CONTINUED

		G	No.
2004	Chike Okeafor	16	8.5
2005	Bryce Fisher	16	9.0
2006	Julian Peterson	16	10.0
2007	Patrick Kerney	16	14.5^
2008	Brandon Mebane	16	5.5
	Darryl Tapp	16	5.5
2009	Patrick Kerney	14	5.0
2010	Chris Clemons	16	11.0
2011	Chris Clemons	16	11.0
2012	Chris Clemons	16	11.5
2013	Michael Bennett	16	8.5
2014	Michael Bennett	16	7.0
2015	Michael Bennett	16	10.0
2016	Cliff Avril	16	11.5
2017	Frank Clark	16	9.0
2018	Frank Clark	16	13.0
2019	Rasheem Green	16	4.0
2020	Jamal Adams	12	9.5

* Led NFL; + Led AFC; ^ Led NFC

SPECIAL TEAMS TACKLES

		G	No.
1976	Don Dufek	14	15
1977	Peter Cronan	14	11
	Charles McShane	14	11
1978	Cornell Webster	15	12
1979	Don Dufek	13	18
1980	Don Dufek	8	13
1981	Mike Tice	16	11
1982	Eric Lane	9	6
	Ken McAlister	9	6
1983	Don Dufek	14	18
1984	Sam Merriman	16	21
1985	John Kaiser	16	14
1986	Eric Lane	15	16
1987	David Hollis	11	10
1988	Rufus Porter	16	16

SPECIAL TEAMS TACKLES, CONTINUED

		G	No.
1989	Rufus Porter	16	13
1990	James Jones	16	15
1991	David Daniels	16	12
	Rod Stephens	16	12
	Chris Warren	16	12
1992	Tracy Johnson	16	18
1993	Michael Bates	16	22
1994	Dean Wells	15	16
1995	Mack Strong	16	19
1996	Jay Bellamy	16	34
1997	Tim Hauck	16	22
1998	Kerry Joseph	16	14
1999	James Logan	16	18
2000	Isaiah Kacyvenski	16	15
2001	Isaiah Kacyvenski	16	21
2002	Terreal Bierria	14	16
2003	Alex Bannister	16	18
2004	Niko Koutouvides	16	16
2005	Josh Scobey	16	23
2006	Kevin Bentley	14	14
	Niko Koutouvides	16	14
2007	Niko Koutouvides	15	20
2008	Jordan Babineaux	14	14
	C.J. Wallace	12	14
2009	Lance Laury	16	21
2010	Matt McCoy	14	19
2011	Heath Farwell	11	21
2012	Heath Farwell	16	15
2013	Jeremy Lane	14	13
2014	Jeron Johnson	15	8
2015	Kelcie McCray	16	12
2016	Neiko Thorpe	15	9
2017	Neiko Thorpe	14	10
2018	Justin Coleman	16	12
	Barkevious Mingo	16	12
2019	Ugo Amadi	16	10
2020	Cody Barton	16	16^

^ Led NFC

INDIVIDUAL RECORDS - REGULAR SEASON

SERVICE

SERVICE

Most Seasons

15 Joe Nash, 1982-96
14 Steve Largent, 1976-89
14 Mack Strong, 1994-07

Most Games Played

218 Joe Nash, 1982-96
201 Mack Strong, 1994-07
200 Steve Largent, 1976-89

Most Consecutive Games Played

159 Jon Ryan, 2008-17
144 Russell Wilson, 2012-
135 Chris Gray, 1998-06

Most Games Started

197 Steve Largent, 1976-89
180 Walter Jones, 1997-08
176 Jacob Green, 1980-91

Most Consecutive Games Started

144 Russell Wilson, 2012-
121 Chris Gray, 1999-06
106 Earl Thomas, 2010-16

SCORING

POINTS

Most Points, Career

810 Norm Johnson, 1982-90 (159 FG, 333 PAT)
759 Steven Hauschka, 2011-16 (175 FG, 234 PAT)
672 Shaun Alexander, 2000-07 (100-R, 12-P)

Most Points, Season

168 Shaun Alexander, 2005 (27-R, 1-P)
143 Steven Hauschka, 2013 (33 FG, 44 PAT)
134 Todd Peterson, 1999 (34 FG, 32 PAT)
Steven Hauschka, 2014 (31 FG, 41 PAT)

Most Points, Rookie, Season

114 Josh Brown, 2003 (22 FG, 48 PAT)
102 John Kasay, 1991 (25 FG, 27 PAT)
84 Curt Warner, 1983 (14 TDs: 13-R, 1-P)

Most Points, Game

30 Shaun Alexander, vs. Minnesota 9/29/2002 (4-R, 1-P)
24 Daryl Turner, vs. San Diego 9/15/1985 (4-P)
Curt Warner, vs. Denver 12/11/1988 (4-R)
Shaun Alexander, vs. Arizona 9/25/2005 (4-R)
Shaun Alexander, vs. Houston 10/16/2005 (4-R)
Marshawn Lynch, vs. N.Y. Giants 11/9/2014 (4-R)

Most Consecutive Games Scoring

94 Steven Hauschka, 2011-16
80 Todd Peterson, 1995-99
68 Josh Brown, 2003-07

TOUCHDOWNS

Most Touchdowns, Career

112 Shaun Alexander, 2000-07 (100-R, 12-P)
101 Steve Largent, 1976-89 (1-R, 100-P)
66 Marshawn Lynch, 2010-15, 2019 (58-R, 8-P)

Most Touchdowns, Season

28 Shaun Alexander, 2005 (27-R, 1-P)
20 Shaun Alexander, 2004 (16-R, 4-P)
18 Shaun Alexander, 2002 (16-R, 2-P)

Most Touchdowns, Rookie, Season

14 Curt Warner, 1983 (13-R, 1-P)
10 Daryl Turner, 1984 (10-P)
9 Joey Galloway, 1995 (1-R, 7-P, 1-PR)

Most Touchdowns, Game

5 Shaun Alexander, vs. Minnesota 9/29/2002 (4-R, 1-P)
4 Daryl Turner, vs. San Diego 9/15/1985 (4-P)
Curt Warner, vs. Denver 12/11/1988 (4-R)
Shaun Alexander, vs. Arizona 9/25/2005 (4-R)
Shaun Alexander, vs. Houston 10/16/2005 (4-R)
Marshawn Lynch, vs. N.Y. Giants 11/9/2014 (4-R)

Most Consecutive Games Scoring Touchdowns (in games played)

11 Marshawn Lynch, 2011
9 Shaun Alexander, 2005
8 David Sims, 1978

OPPONENT INDIVIDUAL RECORDS

Most Points, Game

24 Terdell Middleton, at Green Bay 10/15/1978 (4 TD) (game played in Milwaukee)
Roy Green, at St. Louis 11/13/1983 (4 TD)
Marshall Faulk, at St. Louis 10/20/2002 (4 TD)
Marcus Robinson, at Baltimore 11/23/2003 (4 TD)
Willis McGahee, vs. Buffalo 11/28/2004 (4 TD)
Larry Johnson, at Kansas City 10/29/2006 (4 TD)
Jamal Lewis, at Cleveland 11/4/2007 (4 TD)
Todd Gurley, vs. L.A. Rams 12/17/2017 (4 TD)

Most Touchdowns, Game

4 Terdell Middleton, at Green Bay 10/15/1978 (4-R) (game played in Milwaukee)
Roy Green, at St. Louis 11/13/1983 (4-P)
Marshall Faulk, at St. Louis 10/20/2002 (3-R, 1-P)
Marcus Robinson, at Baltimore 11/23/2003 (4-P)
Willis McGahee, vs. Buffalo 11/28/2004 (4-R)
Larry Johnson, at Kansas City 10/29/2006 (3-R, 1-P)
Jamal Lewis, at Cleveland 11/4/2007 (4-R)
Todd Gurley, vs. L.A. Rams 12/17/2017 (4-R)
3 Many Times (Last: Todd Gurley, vs. L.A. Rams 10/7/2018 [3-R])

POINTS AFTER TOUCHDOWN

ATTEMPTS

Most Points After Touchdown Attempted, Career

339 Norm Johnson, 1982-90
246 Steven Hauschka, 2011-16
224 Josh Brown, 2003-07

Most Points After Touchdown Attempted, Season

57 Josh Brown, 2005
53 Jason Myers, 2020
51 Norm Johnson, 1984
Sebastian Janikowski, 2018

Most Points After Touchdown Attempted, Game

8 John Leypoldt, vs. Buffalo 10/30/1977
7 Norm Johnson, vs. San Diego 9/15/1985
Steven Hauschka, vs. Arizona 12/9/2012
6 Many Times (Last: Sebastian Janikowski, vs. San Francisco 12/2/2018)

MADE

Most Points After Touchdown Made, Career

333 Norm Johnson, 1982-90
234 Steven Hauschka, 2011-16
223 Josh Brown, 2003-07

Most Points After Touchdown Made, Season

56 Josh Brown, 2005
50 Norm Johnson, 1984
49 Norm Johnson, 1983
Jason Myers, 2020

Most Points After Touchdown Made, Game

8 John Leypoldt, vs. Buffalo 10/30/1977
7 Norm Johnson, vs. San Diego 9/15/1985
Steven Hauschka, vs. Arizona 12/9/2012
6 Many Times (Last: Steven Hauschka, vs. Jacksonville 9/22/2013)

Most Consecutive Points After Touchdown Made

177 Todd Peterson, 1995-99
167 Norm Johnson, 1985-90
113 Josh Brown, 2003-05

PERCENTAGE

Highest PAT %, Career (Min. 100 PATs)

100.0 Todd Peterson, 1995-99 (177-177)
99.55 Josh Brown, 2003-07 (223-224)
98.50 Norm Johnson, 1982-90 (333-338)

Most Points After Touchdown, No Misses, Season

48 Josh Brown, 2003
44 Steven Hauschka, 2013
43 Josh Brown, 2007

Most Points After Touchdown, No Misses, Game

8 John Leypoldt, vs. Buffalo 10/30/1977
7 Norm Johnson, vs. San Diego 9/15/1985
Steven Hauschka, vs. Arizona 12/9/2012
6 13 Times (Last: Steven Hauschka, vs. Jacksonville 9/22/2013)

OPPONENT INDIVIDUAL RECORDS

Most Points After Touchdown Attempted, Game

7 Rafael Septien, at Dallas 11/27/1980
Nick Lowery, vs. Kansas City 11/27/1983
6 7 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010)

Most Points After Touchdown, Game

7 Rafael Septien, at Dallas 11/27/1980
6 8 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010 [6 att.])

Most Points After Touchdown, No Misses, Game

7 Rafael Septien, at Dallas 11/27/1980
6 7 Times (Last: Ryan Succop, vs. Kansas City 11/28/2010)

FIELD GOALS

ATTEMPTS

Most Field Goals Attempted, Career

228 Norm Johnson, 1982-90
197 Steven Hauschka, 2011-16
154 Todd Peterson, 1995-99

Most Field Goals Attempted, Season

40 Todd Peterson, 1999
37 Steven Hauschka, 2014
Steven Hauschka, 2016
35 Norm Johnson, 1986
Steven Hauschka, 2013

Most Field Goals Attempted, Game

6 Norm Johnson, vs. Kansas City 9/20/1987
Todd Peterson, vs. San Diego 12/12/1999
Todd Peterson, at Pittsburgh 9/26/1999
Olindo Mare, vs. Chicago 9/27/2009
Olindo Mare, at Arizona 11/14/2010
5 11 Times (Last: Steven Hauschka, vs. Arizona 11/23/2014)

MADE

Most Field Goals Made, Career

175 Steven Hauschka, 2011-16
159 Norm Johnson, 1982-90
126 Todd Peterson, 1995-99

Most Field Goals Made, Season

34 Todd Peterson, 1999
33 Steven Hauschka, 2013
Steven Hauschka, 2016
31 Steven Hauschka, 2014

Most Field Goals Made, Rookie, Season

INDIVIDUAL RECORDS - REGULAR SEASON

25 John Kasay, 1991
22 Josh Brown, 2003
15 Rian Lindell, 2000

Most Field Goals Made, Game

5 Norm Johnson, vs. Kansas City 9/20/1987
Norm Johnson, vs. L.A. Raiders 12/18/1988
Todd Peterson, at Pittsburgh 9/26/1999
Olindo Mare, vs. Arizona 10/24/2010
Olindo Mare, at Arizona 11/14/2010
Steven Hauschka, vs. Baltimore 11/13/2011
4 Many Times (Last: Steven Hauschka, at San Francisco 1/1/2017)

Most Field Goals Made, One Quarter

3 10 Times (Last: Steven Hauschka, at Indianapolis 10/6/2013, 3rd)

Most Consecutive Games Scoring Field Goals

19 Steven Hauschka, 2015-16
14 Steven Hauschka, 2011-12
12 Todd Peterson, 1997-98
Steven Hauschka, 2014

Most Consecutive Field Goals Made

35 Jason Myers, 2019-
30 Olindo Mare, 2009-10
22 Steven Hauschka, 2013

Longest Field Goal Made

61 Jason Myers, at L.A. Rams 11/15/2020
58 Josh Brown, at Green Bay 10/5/2003
Steven Hauschka, at Carolina 10/26/2014
56 Sebastian Janikowski, at Chicago 9/17/2018

Longest Field Goal Attempted

61 Steven Hauschka, vs. Atlanta 10/2/2011
Steven Hauschka, at Detroit 10/28/2012
Jason Myers, at L.A. Rams 11/15/2020
60 Efren Herrera, vs. Kansas City 11/9/1980

PERCENTAGE

Highest Field Goal %, Career (Min. 25 att.)

90.4 Jason Myers, 2019- (47-52)
88.8 Steven Hauschka, 2011-16 (175-197)
88.0 Olindo Mare, 2008-10 (73-83)

Highest FG %, Season (Min. 1 att. per game)

100.0 Jason Myers, 2020 (24-24)
94.3 Steven Hauschka, 2013 (33-35)
93.6 Steven Hauschka, 2015 (29-31)

Most Field Goals, No Misses, Game

5 Norm Johnson, vs. L.A. Raiders 12/18/1988
Olindo Mare, vs. Arizona 10/24/2010
Steven Hauschka, vs. Baltimore 11/13/2011
4 Many Times (Last: Steven Hauschka, at San Francisco 1/1/2017)

50-YARD FIELD GOALS

Most Field Goal Attempts, 50+ Yards, Career

26 Norm Johnson, 1982-90
22 Josh Brown, 2003-07
Steven Hauschka, 2011-16

Most Field Goals Made, 50 or More Yards, Career

15 Steven Hauschka, 2011-16
13 Josh Brown, 2003-07
10 Norm Johnson, 1982-90

Most Field Goals Made, 50+ Yards, Season

6 Steven Hauschka, 2015
5 Norm Johnson, 1986
Josh Brown, 2005
3 John Kasay, 1993
Todd Peterson, 1998
Rian Lindell, 2000, 2001
Josh Brown, 2006, 2007
Olindo Mare, 2008
Steven Hauschka, 2013
Sebastian Janikowski, 2018

Most Field Goals Made, 50 or More Yards, Game

2 Norm Johnson, vs. L.A. Raiders 12/8/1986
John Kasay, vs. San Diego 10/27/1991
Josh Brown, vs. Dallas 10/23/2005
Josh Brown, vs. San Francisco 12/11/2005
Josh Brown, at Atlanta 12/30/2007
Steven Hauschka, vs. Detroit 10/5/2015
Steven Hauschka, at Arizona 1/3/2016

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Field Goals Attempted, Game

6 Joe Danelo, vs. N.Y. Giants 10/18/1981
John Carney, at San Diego 9/5/1993
Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)
Dan Bailey, at Dallas12/24/2017

MADE

Most Field Goals Made, Game

6 Joe Danelo, vs. N.Y. Giants 10/18/1981
John Carney, at San Diego 9/5/1993
Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)

Most Field Goals Made, One Quarter

3 Rich Karlis, at Denver 11/20/1983 (4th)
Al Del Greco, at Houston 11/7/1993 (2nd)
John Carney, vs. San Diego 9/21/1997 (2nd)
David Akers, at San Francisco 9/1/2011 (2nd)
Ryan Succup, at Tennessee 9/24/2017 (2nd)
Dan Bailey, at Dallas 12/24/2017 (2nd)

Longest Field Goal Made

60 Greg Zuerlein, at St. Louis 9/30/2012
58 Greg Zuerlein, at St. Louis 9/30/2012
57 Nick Lowery, at Kansas City 9/14/1980
Steve Cox, at Washington 9/28/1986

Longest Field Goal Attempted

66 Jason Elam, at Denver 12/10/1995
64 Jason Elam, at Denver 12/19/1999
61 Ali Haji-Sheikh, at N.Y. Giants 12/11/1983
Michael Husted, vs. Oakland 10/3/1999

PERCENTAGE

Most Field Goals Made, No Misses, Game

6 Joe Danelo, vs. N.Y. Giants 10/18/1981
John Carney, at San Diego 9/5/1993
Doug Pelfrey, vs. Cincinnati 11/6/1994 (OT)

50-YARD FIELD GOALS

Most Field Goals Made, 50 or More Yards, Game

3 Neil Rackers, at Arizona 10/24/2004
2 By 11 Players (Last: Zane Gonzalez, vs. Arizona 12/30/18)

RUSHING

ATTEMPTS

Most Attempts, Career

2,176 Shaun Alexander, 2000-07
1,649 Curt Warner, 1983-89
1,559 Chris Warren, 1990-97

Most Attempts, Season

370 Shaun Alexander, 2005
353 Shaun Alexander, 2004
335 Curt Warner, 1983

Most Attempts, Rookie, Season

335 Curt Warner, 1983
147 Thomas Rawls, 2015
129 John L. Williams, 1986

Most Attempts, Game

40 Shaun Alexander, vs. Green Bay 11/27/2006
36 Chris Warren, at New England 9/19/1993
35 Shaun Alexander, vs. Oakland 11/11/2001

YARDS GAINED

Most Yards Gained, Career

9,429 Shaun Alexander, 2000-07
6,706 Chris Warren, 1990-97
6,705 Curt Warner, 1983-89

Most Yards Gained, Season

1,880 Shaun Alexander, 2005
1,696 Shaun Alexander, 2004
1,590 Marshawn Lynch, 2012

Most Yards Gained, Rookie, Season

1,449 Curt Warner, 1983
830 Thomas Rawls, 2015
538 John L. Williams, 1986

Most Yards Gained, Game

266 Shaun Alexander, vs. Oakland 11/11/2001
209 Thomas Rawls, vs. San Francisco 11/22/2015
207 Curt Warner, vs. Kansas City 11/27/1983 (OT)

Most Seasons, 1,000 or More Yards Rushing

5 Shaun Alexander, 2001-05
4 Curt Warner, 1983, 1985, 1986, 1988
Chris Warren, 1992-95
Marshawn Lynch, 2011-14

Most Games, 100 or More Yards Rushing, Career

37 Shaun Alexander, 2000-07
25 Marshawn Lynch, 2010-15, 2019-
24 Chris Warren, 1990-97

Most Games, 100 or More Yards Rushing, Season

11 Shaun Alexander, 2005
10 Marshawn Lynch, 2012
8 Chris Warren, 1995

Most Consecutive Games, 100+ Yards, Rushing

4 Shaun Alexander, 2005
Marshawn Lynch, 2012 (2 Times)
3 Shaun Alexander, 2004, 2005
Marshawn Lynch, 2011
Chris Carson, 2018, 2019
2 Many Players

2 or More with 100+ Yards Rushing, Game

1 Curt Warner 130 and John L. Williams 105
vs. L.A. Raiders 11/28/1988
Curt Warner 126 and John L. Williams 109
vs. Denver 12/11/1988
Shaun Alexander 141 and Maurice Morris 104
vs. Houston 10/16/2005
Marshawn Lynch 128 and Robert Turbin 108
vs. Arizona 12/9/2012
Marshawn Lynch 102 and Russell Wilson 102
at Indianapolis 10/6/2013
Marshawn Lynch 140 and Russell Wilson 107
vs. N.Y. Giants 11/9/2014

Longest Run From Scrimmage

88t Shaun Alexander, vs. Oakland 11/11/2001
Shaun Alexander, at Arizona 11/6/2005
86t Joey Galloway, at Jacksonville 11/12/1995

AVERAGE GAIN

Highest Average Gain, Career (Min. 100 att.)

5.6 Russell Wilson, 2012- (803-4,506)
5.5 Steve Broussard, 1995-98 (136-750)
5.3 Rashaad Penny, 2018- (150-789)

Highest Average Gain, Season (Min. 100 att.)

7.2 Russell Wilson, 2014 (118-849)
5.7 Thomas Rawls, 2015 (147-830)
5.4 Justin Forsett, 2009 (114-619)

Highest Average Gain, Game (Min. 10 att.)

11.6 Marshawn Lynch, vs. Arizona 12/9/2012 (11-128)
11.3 Marshawn Lynch, at Buffalo 12/16/2012 (10-113)
Marshawn Lynch, at Arizona 12/21/2014 (10-113)
11.1 Russell Wilson, at Washington 10/6/2014 (11-122)

TOUCHDOWNS

Most Touchdowns, Career

100 Shaun Alexander, 2000-07
58 Marshawn Lynch, 2010-15, 2019-
55 Curt Warner, 1983-89

Most Touchdowns, Season

27 Shaun Alexander, 2005
16 Shaun Alexander, 2002, 2004
15 Chris Warren, 1995

Most Touchdowns, Rookie, Season

13 Curt Warner, 1983
5 David Sims, 1977
4 Sherman Smith, 1976
Jim Zorn, 1976
Russell Wilson, 2012
Thomas Rawls, 2015

Most Touchdowns, Game

4 Curt Warner, vs. Denver 12/11/1988
Shaun Alexander, vs. Minnesota 9/29/2002
Shaun Alexander, vs. Arizona 9/25/2005
Shaun Alexander, vs. Houston 10/16/2005
Marshawn Lynch, vs. N.Y. Giants 11/9/2014
3 15 Times (Last: Russell Wilson, at Buffalo 12/16/12)

Most Consecutive Games Rushing for Touchdown

9 Shaun Alexander, 2005
7 Chris Warren, 1993-94
David Sims, 1978
6 Shaun Alexander, 2003-04
Marshawn Lynch, 2011

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Attempts, Game

39 Earl Campbell, at Houston 10/11/1981
Larry Johnson, at Kansas City 10/29/2006
38 Edgerrin James, vs. Indianapolis 10/15/2000
37 Christian Okoye, at Kansas City 11/5/1989

YARDS GAINED

Most Yards Gained, Game

221 Bo Jackson, vs. L.A. Raiders 11/30/1987
219 Edgerrin James, vs. Indianapolis 10/15/2000
212 Frank Gore, at San Francisco 11/19/2006

Most Games, 2 or More with 100+ Yards Rushing

1 Jim Otis 140 and Terry Metcalf 113
vs. St. Louis 9/12/1976
Tom Sullivan 121 and Mike Hogan 104
at Philadelphia 12/12/1976

Longest Run From Scrimmage

95t Chester Taylor, vs. Minnesota 10/22/2006
91t Bo Jackson, vs. L.A. Raiders 11/30/1987
84t Ted McKnight, vs. Kansas City 9/30/1979

AVERAGE GAIN

Highest Average Gain, Game (Min. 10 att.)

12.9 Frank Gore, at San Francisco 9/20/2009 (16-207)
12.3 Bo Jackson, vs. L.A. Raiders 11/30/1987 (18-221)
12.3 Ted McKnight, vs. Kansas City 9/30/1979 (12-147)

TOUCHDOWNS

Most Touchdowns, Game

4 Terdell Middleton, at Green Bay (Milwaukee) 10/15/1978
Willis McGahee, vs. Buffalo 11/28/2004
Jamal Lewis, at Cleveland 11/4/2007
3 12 Times (Last: Todd Gurley, vs. L.A. Rams 10/7/2018)

PASSING

PASS RATING

Highest Pass Rating, Career (Min. 500 att.)

101.7 Russell Wilson, 2012-
83.1 Seneca Wallace, 2003-09
82.3 Dave Krieg, 1980-91

Highest Pass Rating, Season (Min. 160 att.)

110.9 Russell Wilson, 2018
110.1 Russell Wilson, 2015
106.3 Russell Wilson, 2019

Highest Pass Rtg., Rookie, Season (Min. 100 att.)

100.0 Russell Wilson, 2012
69.2 Kelly Stouffer, 1988
67.0 Rick Mirer, 1993

Passer Rating, Game (16 Attempts)

158.3 Russell Wilson, at Detroit, 10/28/18
153.3 Dave Krieg, at San Diego, 12/14/86
151.8 Russell Wilson, vs. L.A. Rams, 10/3/19

ATTEMPTS

Most Passes Attempted, Career

4,335 Russell Wilson, 2012-
4,250 Matt Hasselbeck, 2001-10
3,576 Dave Krieg, 1980-91

Most Passes Attempted, Season

562 Matt Hasselbeck, 2007
558 Russell Wilson, 2020
553 Russell Wilson, 2017

Most Passes Attempted, Rookie, Season

486 Rick Mirer, 1993
439 Jim Zorn, 1976
393 Russell Wilson, 2012

Most Passes Attempted, Game

55 Matt Hasselbeck, at San Francisco 12/1/2002
53 Matt Hasselbeck, at San Diego 12/29/2002 (OT)
52 Matt Hasselbeck, at Arizona 11/15/2009

COMPLETIONS

Most Passes Completed, Career

2,820 Russell Wilson, 2012-
2,559 Matt Hasselbeck, 2001-10
2,096 Dave Krieg, 1980-91

Most Passes Completed, Season

384 Russell Wilson, 2020
353 Russell Wilson, 2016
352 Matt Hasselbeck, 2007

Most Passes Completed, Rookie, Season

274 Rick Mirer, 1993
252 Russell Wilson, 2012
208 Jim Zorn, 1976

Most Passes Completed, Game

39 Matt Hasselbeck, vs. Detroit 11/8/2009
36 Matt Hasselbeck, at San Diego 12/29/2002 (OT)
33 Dave Krieg, vs. Atlanta 10/13/1985
Seneca Wallace, vs. Indianapolis 10/4/2009
Russell Wilson, at Arizona 10/25/2020

Most Consecutive Passes Completed, Game

17 Warren Moon, vs. Oakland 11/1/1998
16 Russell Wilson, at Miami 11/25/2012
15 Jim Zorn, vs. Cleveland 10/12/1980
Matt Hasselbeck, vs. Detroit 11/8/2009
Russell Wilson, at Oakland 10/14/2018
Russell Wilson, at Detroit 10/28/2018
Russell Wilson, vs. Minnesota 10/11/20

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 500 att.)

65.1 Russell Wilson, 2012- (4,335-2,820)
60.2 Matt Hasselbeck, 2001-10 (4,250-2,559)
59.9 Seneca Wallace, 2003-09 (556-333)

Highest Completion %, Season (Min. 100 att.)

68.8 Russell Wilson, 2020 (558-384)
68.1 Russell Wilson, 2015 (483-329)
66.1 Russell Wilson, 2019 (516-341)

Highest Comp. %, Rookie, Season (Qualifiers)

64.1 Russell Wilson, 2012 (393-252)
56.4 Rick Mirer, 1993 (486-274)
47.4 Jim Zorn, 1976 (439-208)

Highest Completion %, Game (Min. 20 att.)

88.6 Russell Wilson at Atlanta 9/13/2020 (35-31)
86.4 Dave Krieg, vs. Denver 12/11/1988 (22-19)
84.0 Matt Hasselbeck, vs. San Francisco 12/11/2005 (25-21)

YARDS GAINED

Most Yards Gained, Career

33,946 Russell Wilson, 2012-
29,434 Matt Hasselbeck, 2001-10
26,132 Dave Krieg, 1980-91

Most Yards Gained, Season

4,219 Russell Wilson, 2016
4,212 Russell Wilson, 2020
4,110 Russell Wilson, 2019

Most Yards Gained, Rookie, Season

3,118 Russell Wilson, 2012
2,833 Rick Mirer, 1993
2,571 Jim Zorn, 1976

Most Yards Gained, Game

452 Russell Wilson, vs. Houston 10/29/2017
449 Matt Hasselbeck, at San Diego 12/29/2002 (OT)
427 Matt Hasselbeck, at San Francisco 12/1/2002

Most Seasons, 3,000 or More Yards Passing

9 Russell Wilson, 2012-
7 Matt Hasselbeck, 2002-05, 2007, 2009-10
4 Dave Krieg, 1984-85, 1989-90

Most Consecutive Seasons, 3,000+ Yds. Passing

9 Russell Wilson, 2012-
4 Matt Hasselbeck, 2002-05
3 Jim Zorn, 1978-80

Most Games, 400 or More Yards Passing, Career

4 Dave Krieg, 1980-91
3 Matt Hasselbeck, 2001-07
2 Russell Wilson, 2012-

Most Games, 300 or More Yards Passing, Career

20 Russell Wilson, 2012-
19 Matt Hasselbeck, 2001-10
11 Dave Krieg, 1980-91

Most Games, 300 or More Yards Passing, Season

5 Russell Wilson, 2020
4 Matt Hasselbeck, 2002, 2003
3 Jim Zorn, 1979
Dave Krieg, 1984
Matt Hasselbeck, 2004, 2007
Russell Wilson, 2016, 2017, 2019

INDIVIDUAL RECORDS - REGULAR SEASON

Most Consecutive Games, 300+ Yards Passing

2 Matt Hasselbeck, 6 Times
Jim Zorn, 2 Times
Russell Wilson, 3 Times

Longest Pass Completion

90t Seneca Wallace (to Koren Robinson) vs. Philadelphia 11/2/2008
87t Matt Hasselbeck (to Ben Obomanu) vs. Kansas City 11/28/2010
83 Trent Dilfer (to Koren Robinson) at St. Louis 10/20/2002

AVERAGE GAIN

Highest Average Gain, Career (Min. 300 att.)

7.8 Russell Wilson, 2012- (4,335-33,946)
7.3 Dave Krieg, 1980-91 (3,576-26,132)
7.2 Trent Dilfer, 2001-04 (356-2,560)

Highest Average Gain, Season (Min. 100 att.)

8.8 Dave Krieg, 1983 (243-2,139)
8.3 Russell Wilson, 2015 (483, 4,024)
8.3 Trent Dilfer, 2001 (122-1,014)

Highest Average Gain, Rookie, Season (Qualifiers)

7.9 Russell Wilson, 2012 (393-3,118)
5.9 Jim Zorn, 1976 (439-2,571)
5.8 Rick Mirer, 1993 (486-2,833)

Highest Average Gain, Game (Min. 20 att.)

14.5 Dave Krieg, vs. San Diego 12/14/1986 (21-305)
13.3 Dave Krieg, vs. Kansas City 11/11/1990 (23-306)
12.9 Jim Zorn, vs. Buffalo 10/30/1977 (23-296)

TOUCHDOWNS

Most Touchdown Passes, Career

267 Russell Wilson, 2012-
195 Dave Krieg, 1980-91
174 Matt Hasselbeck, 2001-10

Most Touchdown Passes, Season

40 Russell Wilson, 2020
35 Russell Wilson, 2018
34 Russell Wilson, 2015, 2017

Most Touchdown Passes, Game

5 11 Times (Last: Russell Wilson, vs. Dallas (9/27/2020)

Most Games, 5 or More TD Passes, Career

5 Russell Wilson, 2012-
3 Dave Krieg, 1980-91
2 Matt Hasselbeck, 2001-10
1 Warren Moon, 1997-98

Most Games, 4 or More TD Passes, Career

15 Russell Wilson, 2012-
7 Dave Krieg, 1980-91
5 Matt Hasselbeck, 2001-10

Most Games, 5 or More TD Passes, Season

2 Russell Wilson, 2015, 2020
1 7 Times (Last: Russell Wilson, 2019)

Most Games, 4 or More TD Passes, Season

5 Russell Wilson, 2020
3 Dave Krieg, 1985
2 Jim Zorn, 1977
Dave Krieg, 1988
Warren Moon, 1997
Russell Wilson, 2015, 2017, 2019

Most Consecutive Games, 4 or More TD Passes

3 Russell Wilson, 2020
1 Many Times (Last: Russell Wilson, 2020)

Most Consecutive Games with a Touchdown Pass

28 Dave Krieg, 1983-85
18 Russell Wilson, 2017-18
17 Russell Wilson, 2015-16

HIGHEST %, TOUCHDOWN-PASSES

Highest %, TD Passes, Career (Min. 500 att.)

6.16 Russell Wilson, 2012- (4,335-267)
5.45 Dave Krieg, 1980-91 (3,576-195)
4.58 Warren Moon, 1997-98 (786-36)

Highest %, TD Passes Season (Min. 100 att.)

8.20 Russell Wilson, 2018 (427-35)
7.89 Dave Krieg, 1988 (228-18)
7.82 Dave Krieg, 1987 (294-23)

Highest %, TD Passes, Rookie, Season (Qual.)

6.62 Russell Wilson, 2012 (393-26)
2.73 Jim Zorn, 1976 (439-12)
2.47 Rick Mirer, 1993 (486-12)

HAD INTERCEPTED

Most Consecutive Passes Att., None Intercepted

220 Russell Wilson, 2018-19
202 Russell Wilson, 2016
197 Russell Wilson, 2016-17

Most Passes Had Intercepted, Career

148 Dave Krieg, 1980-91
133 Jim Zorn, 1976-84
128 Matt Hasselbeck, 2001-10

Most Passes Had Intercepted, Season

27 Jim Zorn, 1976
24 Dave Krieg, 1984
20 By 6 Players (Last: Rick Mirer, 1995)

Most Passes Had Intercepted, Game

6 Jim Zorn, vs. Detroit 10/24/1976
5 Jim Zorn, vs. Kansas City 11/9/1980
Dave Krieg, at Kansas City 12/9/1984
Jon Kitna, vs. Tampa Bay 11/28/1999
Russell Wilson, at Green Bay 12/11/2016

Most Attempts, No Interceptions, Game

50 Russell Wilson, vs. New Orleans 9/22/2019
49 Russell Wilson, at Tennessee 9/24/2017
47 Jim Zorn, vs. Kansas City 9/27/1981
Trent Dilfer, vs. Arizona 9/15/2002

LOWEST %, PASSES INTERCEPTED

Lowest %, Passes Had Int., Career (Min. 400 att.)

1.87 Russell Wilson, 2012- (4,335-81)
2.52 Seneca Wallace, 2003-09 (556-14)
2.77 Tarvaris Jackson, 2011-15 (470-13)

Lowest %, Passes Had Int., Season (Min. 100 att.)

0.97 Russell Wilson, 2019 (516-5)
1.24 Seneca Wallace, 2008 (242-3)
1.55 Russell Wilson, 2014 (452-7)

Lowest %, Passes Had Int., Rookie, Season (Qualifiers)

2.54 Russell Wilson, 2012 (393-10)
3.50 Rick Mirer, 1993 (486-17)
6.15 Jim Zorn, 1976 (439-27)

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Passes Attempted, Game

63 Vinny Testaverde, at N.Y. Jets 12/6/1998
58 Tom Brady, vs. New England 10/14/2012
57 Dak Prescott, vs. Dallas 9/27/2020

COMPLETIONS

Most Passes Completed, Game

42 Vinny Testaverde, at N.Y. Jets 12/6/1998
39 Matt Schaub, at Atlanta 10/27/2019
38 Dwayne Haskins Jr., at Washington 12/20/2020

Highest Completion %, Game (Min. 20 att.)

88.00 Brett Favre, at Minnesota 11/22/2009 (25-22)
85.00 Austin Davis, at St. Louis 10/19/2014 (20-17)
83.87 Fran Tarkenton, at Minnesota 11/14/1976 (31-26)

YARDS GAINED

Most Yards Gained, Game

472 Dak Prescott, vs. Dallas 9/27/2020
460 Matt Schaub, at Atlanta 11/27/2019
456 Ben Roethlisberger, vs. Pittsburgh 11/29/2015

Longest Pass Completion

99t Stan Humphries (to Tony Martin) vs. San Diego 9/18/1994
92 Marc Wilson (to Marcus Allen) at L.A. Raiders 10/7/1984
Eric Zeier (to Derrick Alexander) at Baltimore 12/7/1997

AVERAGE GAIN

Highest Average Gain, Game (Min. 20 att.)

14.64 Doug Flutie, vs. Buffalo 12/23/2000 (25-366)
13.47 Ken O'Brien, vs. N.Y. Jets 11/2/1986 (32-431)
13.40 Deshaun Watson, vs. Houston 10/29/2017 (30-402)

TOUCHDOWNS

Most Touchdown Passes, Game

5 Neil O'Donnell, vs. N.Y. Jets 8/31/1997
Josh Freeman, at Tampa Bay 12/26/2010
4 Many Times (Last: Deshaun Watson, vs. Houston 10/29/2017)

HAD INTERCEPTED

Most Passes Had Intercepted, Game

5 Ken Stabler, at Houston 10/5/1980
Craig Whelihan, vs. San Diego 12/13/1998
Kurt Warner, vs. Arizona 12/9/2007
Matthew Stafford, vs. Detroit 11/8/2009
Eli Manning, at N.Y. Giants 12/15/2013
4 17 Times (Last: Carson Palmer, vs. Arizona 12/22/2013)

Most Attempts, No Interceptions, Game

52 Ryan Leaf, vs. San Diego 10/25/1998
49 Carson Palmer, at Arizona 10/23/2016
47 Kerry Collins, at N.Y. Giants 12/23/2001
Drew Stanton, at Arizona 11/9/2017

RECEIVING

RECEPTIONS

Most Pass Receptions, Career

819 Steve Largent, 1976-89
581 Brian Blades, 1988-98
493 Doug Baldwin, 2011-18

Most Pass Receptions, Season

100 Tyler Lockett, 2020
94 Bobby Engram, 2007
Doug Baldwin, 2016
87 Darrell Jackson, 2004

Most Pass Receptions, Rookie, Season

67 Joey Galloway, 1995
58 DK Metcalf, 2019
55 John Carlson, 2008

Most Pass Receptions, Game

15 Steve Largent, vs. Detroit 10/18/1987
Tyler Lockett, at Arizona 10/25/2020
14 Bobby Engram, at Cleveland 11/4/2007
13 Doug Baldwin, vs. Arizona 12/24/2016

Most Seasons, 80 or More Pass Receptions

2 Brian Blades, 1993-94
Tyler Lockett, 2019-20
1 Darrell Jackson, 2004
Bobby Engram, 2007
Doug Baldwin, 2016
DK Metcalf, 2020

Most Seasons, 70 or More Pass Receptions

6 Steve Largent, 1978, 1981, 1983-86
5 Brian Blades, 1989, 1991, 1993-95
3 John L. Williams, 1989-90, 1992
Doug Baldwin, 2015-17

Most Seasons, 50 or More Pass Receptions

10 Steve Largent, 1976, 1978-81, 1983-87
7 Doug Baldwin, 2011, 2013-18
6 John L. Williams, 1988-93
Darrell Jackson, 2000-06

Most Consecutive Games with a Pass Reception

177 Steve Largent, 1977-89
71 Joey Galloway, 1995-99
64 Doug Baldwin, 2014-17

YARDS GAINED

Most Yards Gained, Career

13,089 Steve Largent, 1976-89
7,620 Brian Blades, 1988-98
6,563 Doug Baldwin, 2011-18

Most Yards Gained, Season

1,303 DK Metcalf, 2020
1,287 Steve Largent, 1985
1,240 Koren Robinson, 2002

Most Yards, Rookie, Season

1,039 Joey Galloway, 1995
900 DK Metcalf, 2019
788 Doug Baldwin, 2011

Most Yards Gained, Game

261 Steve Largent, vs. Detroit 10/18/1987
200 Tyler Lockett, at Arizona 10/25/2020
191 Steve Largent, vs. Denver 11/25/1984

Most Games, 100+ Yards, Receiving, Career

40 Steve Largent, 1976-89
19 Darrell Jackson, 2000-06
17 Brian Blades, 1988-98

Most Games, 100+ Yards, Receiving, Season

6 Steve Largent, 1979
5 Steve Largent, 1984
Brian Blades, 1989
Darrell Jackson, 2001, 2004
Koren Robinson, 2002
DK Metcalf, 2020

Most Consecutive Games, 100+ Yards Receiving

2 18 Times (Last: DK Metcalf, 2020 (2 times))

Longest Pass Reception

90t Koren Robinson (from Seneca Wallace), vs. Philadelphia 11/2/2008
87t Ben Obomanu (from Matt Hasselbeck), vs. Kansas City 11/28/2010
83 Koren Robinson (from Trent Dilfer), at St. Louis 10/20/2002

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Career (Min. 100 rec.)

18.5 Daryl Turner, 1984-87 (101-1,872)
16.0 Steve Largent, 1976-89 (819-13,089)
15.8 Joey Galloway, 1995-99 (283-4,457)

Highest Avg. Per Reception, Season (Min. 50 rec.)

18.7 Steve Largent, 1979 (66-1,237)
17.3 Joey Galloway, 1996 (57-987)
17.1 Sean Dawkins, 1999 (58-992)

Highest Avg. Per Reception, Game (Min. 5 rec.)

31.8 Ben Obomanu, vs. Kansas City 11/28/2010 (5-159)
27.8 Steve Largent, vs. Oakland 9/16/1979 (5-139)
27.4 Joey Galloway, vs. Miami 10/6/1996 (5-137)

TOUCHDOWNS

Most Touchdowns, Career

100 Steve Largent, 1976-89
49 Doug Baldwin, 2011-18
47 Darrell Jackson, 2000-06

Most Touchdowns, Season

14 Doug Baldwin, 2015
13 Daryl Turner, 1985
12 Steve Largent, 1984
Joey Galloway, 1997

Most Touchdowns, Rookie, Season

10 Daryl Turner, 1984
8 Brian Blades, 1988
7 Joey Galloway, 1995
DK Metcalf, 2019

Most Touchdowns, Game

4 Daryl Turner, vs. San Diego 9/15/1985
3 9 Times (Last: Tyler Lockett, at Arizona 10/25/2020)

Most Consecutive Games with a Touchdown

5 Steve Largent, 1984
Joey Galloway, 1998
Doug Baldwin, 2015
4 9 Times (Last: DK Metcalf, 2019-20)

OPPONENT INDIVIDUAL RECORDS

RECEPTIONS

Most Pass Receptions, Game

13 Wes Chandler, at San Diego 9/15/1985
Tony Martin, at San Diego 9/10/1995
Anquan Boldin, vs. Arizona 11/16/2008
Larry Fitzgerald, vs. Arizona 10/18/2009
Dwayne Bowe, vs. Kansas City 11/28/2010
Logan Thomas, at Washington 12/20/2020
12 Gary Clark, vs. Phoenix 12/19/1993 (OT)
T.J. Houshmandzadeh, vs. Cincinnati 9/23/2007
Wes Welker, vs. New England 12/7/2008
Mike Evans, vs. Tampa Bay 11/3/2019
Zach Ertz, at Philadelphia 11/24/2019

YARDS GAINED

Most Yards Gained, Game

243 Wes Chandler, at San Diego 9/15/1985
224 DeAndre Hopkins, vs. Houston 10/29/2017
201 Markus Wheaton, vs. Pittsburgh 11/29/2015

Longest Pass Reception

99t Tony Martin (from Stan Humphries) vs. San Diego 9/18/1994
92 Marcus Allen (from Marc Wilson) at L.A. Raiders 10/7/1984
Derrick Alexander (from Eric Zeier) at Baltimore 12/7/1997

Games, 2 or More with 100+ Yards Receiving

1 20 Times (Last: Michael Gallup [138], Cedrick Wilson [107] vs. Dallas 9/27/2020)

AVERAGE PER RECEPTION

Highest Avg. Per Reception, Game (Min. 5 rec.)

32.40 James Lofton, at Green Bay (Milwaukee) 10/21/1984 (5-162)
31.40 DeSean Jackson, at Washington 10/6/2014 (5-157)
30.60 Derrick Alexander, vs. Kansas City 10/2/2000 (5-153)

TOUCHDOWNS

Most Touchdowns, Game

4 Roy Green, at St. Louis 11/13/1983
Marcus Robinson, at Baltimore 11/23/2003
3 8 Times (Last: Antonio Gates, at San Diego 9/14/2014)

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions By, Career

50 Dave Brown, 1976-86
42 Eugene Robinson, 1985-95
41 John Harris, 1978-85

Most Interceptions By, Season

10 John Harris, 1981
Kenny Easley, 1984
9 Eugene Robinson, 1993
8 Dave Brown, 1984
Darryl Williams, 1997
Richard Sherman, 2012, 2013

Most Interceptions By, Rookie, Season

5 Michael Boulware, 2004
Earl Thomas, 2010
4 John Harris, 1978
Richard Sherman, 2011
3 By 6 Players (Last: Bobby Wagner, 2012)

Most Interceptions By, Game

3 Kenny Easley, vs. San Diego 10/29/1984
Eugene Robinson, at Pittsburgh 12/6/1992
Darryl Williams, vs. San Diego 9/21/1997
Lofa Tatupu, at Philadelphia 12/2/2007
Marcus Trufant, vs. Arizona 12/9/2007

Most Consecutive Games, Passes Intercepted

4 Cornell Webser, 1978-79
John Harris, 1980
Dave Brown, 1983-84
Kenny Easley, 1984
Eugene Robinson, 1991
Brandon Browner, 2011
3 By 9 Players (Last: Darryl Williams, 1997)

YARDS RETURNED

Most Yards Returned, Career

643 Dave Brown, 1976-86
586 Eugene Robinson, 1985-95
538 Kenny Easley, 1981-87

Most Yards Returned, Season

220 Brandon Browner, 2011
179 Dave Brown, 1984
172 Darryl Williams, 1997

Most Yards Returned, Game

148 Dave Brown, vs. Kansas City 11/4/1984
125 Kenny Easley, vs. Cleveland 12/20/1981
100 Lofa Tatupu, at Philadelphia 12/2/2007

Longest Return

98t Bobby Wagner, vs. San Francisco 12/2/2018
94t Brandon Browner, at N.Y. Giants 10/9/2011
91t Sammy Green, vs. San Francisco 10/7/1979

TOUCHDOWNS

Most Touchdowns, Career

5 Dave Brown, 1976-86
3 Keith Simpson, 1978-85
Kenny Easley, 1981-87
Willie Williams, 1997-03
Josh Wilson, 2007-10

INDIVIDUAL RECORDS - REGULAR SEASON

Most Touchdowns, Season

2 10 Times (Last: Justin Coleman, 2017)

Most Touchdowns, Game

2 Dave Brown, vs. Kansas City 11/4/1984 (NFL record)

OPPONENT INDIVIDUAL RECORDS

INTERCEPTIONS

Most Interceptions By, Game

4 Deron Cherry, at Kansas City 9/29/1985 (NFL record)
3 Tony Greene, vs. Buffalo 10/30/1977
Steve Wilson, at Denver 11/20/1983

YARDS RETURNED

Most Yards Returned, Game

115 Fred Marion, vs. New England 11/17/1985
102 Gary Barbaro, at Kansas City 12/11/1977
93 Levi Johnson, vs. Detroit 10/24/1976

Longest Return

102t Gary Barbaro, at Kansas City 12/11/1977
90 Budda Baker, at Arizona 10/25/2020
86t Patrick Willis, vs. San Francisco 9/14/2008

TOUCHDOWNS

Most Touchdowns, Game

1 Many Times (Last: Devin McCourty, vs. New England 9/20/2020)

PUNTING

PUNTS

Most Punts, Career

770 Jon Ryan, 2008-17
554 Rick Tuten, 1991-97
385 Jeff Feagles, 1998-02

Most Punts, Season

108 Rick Tuten, 1992
95 Jeff West, 1984
Jon Ryan, 2011
92 Jon Ryan, 2017

Most Punts, Rookie, Season

84 Ryan Plackemeier, 2006
80 Rick Engles, 1976
78 Michael Dickson, 2018

Most Punts, Game

12 Rick Tuten, vs. Denver 11/28/1993
11 By 5 Players (Last: Jon Ryan, vs. Philadelphia 11/2/2008)

Longest Punt

77 Jon Ryan, at San Francisco 9/11/2011
74 Jon Ryan, at San Francisco 11/26/2017
73 Rick Tuten, at Buffalo 10/15/1995
Jon Ryan, vs. Green Bay 9/24/2012
Jon Ryan, at St. Louis 9/13/2015

AVERAGE YARDAGE

Highest Average, Career (Min. 100 punts)

47.5 Michael Dickson, 2018- (213-10,128)
44.8 Jon Ryan, 2008-17 (770-34,492)
43.8 Rick Tuten, 1991-97 (554-24,266)

Highest Average, Season

49.6 Michael Dickson, 2020 (61-3,028)
48.2 Michael Dickson, 2018 (78-3,759)
46.6 Jon Ryan, 2011 (95-4,431)

Highest Average, Rookie, Season

48.2 Michael Dickson, 2018 (78-3,759)
45.0 Ryan Plackemeier, 2006 (84-3,778)
40.0 Ruben Rodriguez, 1987 (47-1,880)

Highest Average, Game (Min. 4 punts)

60.0 Jon Ryan, vs. New England 10/14/2012 (4-240)
59.0 Michael Dickson, at Denver 9/9/2018 (6-354)
55.2 Rick Tuten, vs. Denver 12/1/1996 (5-276)

AVERAGE NET YARDAGE

Highest Net Average, Career (Min. 100 punts)

42.5 Michael Dickson, 2018- (213-9,092)
38.7 Jon Ryan, 2008-17 (775-30,018)
36.8 Rick Tuten, 1991-97 (556-20,460)

Highest Net Average, Season

44.4 Michael Dickson, 2020
42.5 Michael Dickson, 2018
40.9 Michael Dickson, 2019

Highest Net Average, Game (Min. 4 punts)

57.5 Michael Dickson, at Denver 9/9/2018 (6-345)
50.0 Michael Dickson, vs. L.A. Chargers 11/4/2018 (6-300)
50.0 Michael Dickson, vs. New England 9/20/2020 (4-200)

INSIDE THE 20

Most Punts Inside the 20, Career

276 Jon Ryan, 2008-17
147 Rick Tuten, 1991-97
133 Jeff Feagles, 1998-02

Most Punts Inside the 20, Season

34 Jeff Feagles, 1999
Jon Ryan, 2011
Michael Dickson, 2019
33 Rick Tuten, 1994
32 Michael Dickson, 2020

Most Punts Inside the 20, Game

6 Rick Tuten, vs. Minnesota 11/10/1996
Jeff Feagles, vs. Kansas City 12/26/1999
Jeff Feagles, at N.Y. Giants 12/23/2001
Jon Ryan, vs. San Francisco 12/6/2009
Jon Ryan, at Chicago 10/17/2010
Jon Ryan, at Miami 11/25/2012
5 10 Times (Last: Michael Dickson, at Philadelphia 11/24/2019)

TOUCHBACKS

Most Touchbacks, Career

60 Jon Ryan, 2008-17
45 Rick Tuten, 1991-97
30 Jeff Feagles, 1998-2002

Most Touchbacks, Season

15 Ryan Plackemeier, 2006
12 Jeff Feagles, 1998
Jon Ryan, 2008
10 Jeff West, 1983
Jeff West, 1984

Most Touchbacks, Game

3 By 6 Players (Last: Jon Ryan, vs. Philadelphia 11/2/2008)

HAD BLOCKED

Most Punts Had Blocked, Career

6 Herman Weaver, 1977-80
5 Jon Ryan, 2008-17
3 Rick Engles, 1976-77

Most Punts Had Blocked, Season

3 Herman Weaver, 1979
2 5 Times (Last: Jon Ryan, 2013)

Most Punts Had Blocked, Game

2 Herman Weaver, vs. Kansas City 9/30/1979
1 Many Times (Last: Michael Dickson, vs. Arizona 12/30/2018)

OPPONENT INDIVIDUAL RECORDS

PUNTS

Most Punts, Game

11 Chris Norman, at Denver 10/20/1985 (OT)
Ruben Rodriguez, vs. Denver 11/30/1992 (OT)
10 7 Times (Last: Pat O'Donnell, vs. Chicago 9/27/2015)

Longest Punt

80 Donnie Jones, vs. St. Louis 10/21/2007
72 Pat O'Donnell, vs. Chicago 9/27/2015
71 Andy Lee, at San Francisco 9/30/2007

AVERAGE YARDAGE

Highest Average Punting, Game (Min. 4 punts)

59.60 Andy Lee, at San Francisco 9/11/2011 (5-298)
56.83 Brett Kern, at Tennessee 9/24/2017 (6-1341)
56.60 Chris Norman, vs. Denver 11/25/1984 (5-283)

INSIDE THE 20

Most Punts Inside the 20, Game

6 Johnny Hekker, at L.A. Rams 9/18/2016
5 Mat McBriar, vs. Dallas 10/23/2005
4 Many Times, (Last: Thomas Morstead vs. New Orleans 9/22/19)

TOUCHBACKS

Most Touchbacks, Game

3 Many Times (Last: Andy Lee, at San Francisco 9/30/2007)

HAD BLOCKED

Most Punts Had Blocked, Game

2 John Kidd, vs. Buffalo 10/14/1984
Rich Camarillo, at New England 9/21/1986
1 Many Times (Last: Ryan Quigley, at Arizona 10/23/2016)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Career

143 Tyler Lockett, 2015-
125 Nate Burleson, 2006-09
104 Leon Washington, 2010-12

Most Punt Returns, Season

58 Nate Burleson, 2007
51 Golden Tate, 2013
41 Will Lewis, 1980
Leon Washington, 2011
Leon Washington, 2012

Most Punt Returns, Rookie, Season

41 Will Lewis, 1980
40 Tyler Lockett, 2015
36 Joey Galloway, 1995

Most Punt Returns, Game

7 Walter Packer, vs. N.Y. Jets 11/13/1977
Nate Burleson, San Francisco 12/6/2009
Leon Washington, at St. Louis 11/20/2011
Golden Tate, at N.Y. Giants 12/15/2013
6 6 Times(Last: Leon Washington, at N.Y. Giants 10/9/2011)

FAIR CATCHES

Most Fair Catches, Career

94 Tyler Lockett, 2015-

INDIVIDUAL RECORDS - REGULAR SEASON

70 Bobby Engram, 2001-07
60 Chris Warren, 1990-97

Most Fair Catches, Season

25 Chris Warren, 1992
23 Bobby Engram, 2002
Bryan Walters, 2014
22 Bobby Engram, 2003
Jimmy Williams, 2005
Tyler Lockett, 2016

Most Fair Catches, Game

6 Bryan Walters, at Arizona 12/21/2014
5 James Jefferson, vs. Denver 10/22/1989
Chris Warren, vs. Pittsburgh 10/20/1991
Chris Warren, vs. Denver 11/30/1992 (OT)
Charlie Rogers, vs. Buffalo 10/24/1999
Jimmy Williams, vs. Dallas 10/23/2005
Tyler Lockett, at San Francisco 11/26/2017

YARDS GAINED

Most Yards Gained, Career

1,288 Nate Burleson, 2006-09
1,069 Leon Washington, 2010-12
1,068 Tyler Lockett, 2015-

Most Yards Gained, Season

658 Nate Burleson, 2007
585 Golden Tate, 2013
464 Leon Washington, 2011

Most Yards Gained, Rookie, Season

419 Bobby Joe Edmonds, 1986
379 Tyler Lockett, 2015
360 Joey Galloway, 1995

Most Yards Gained, Game

139 Tyler Lockett, at Arizona 1/3/2016
106 Charlie Rogers, at Pittsburgh 9/26/1999
105 Joey Galloway, vs. N.Y. Giants 11/5/1995

Longest Punt Return

94t Charlie Rogers, at Pittsburgh 9/26/1999
Nate Burleson, at Cleveland 11/4/2007
90t Nate Burleson, vs. St. Louis 11/12/2006
89t Joey Galloway, vs. N.Y. Giants 11/5/1995

AVERAGE YARDAGE

Highest Average, Career (Min. 50 ret.)

12.7 Charlie Rogers, 1999-01 (73-925)
11.6 Golden Tate, 2010-13 (68-787)
11.4 Paul Johns, 1981-84 (74-843)

Highest Average, Season (Min. 1 ret. per game)

14.5 Charlie Rogers, 1999 (22-318)
14.0 Charlie Rogers, 2000 (26-363)
12.6 Golden Tate, 2010 (16-202)

Highest Average, Rookie, Season (Qualifiers)

14.5 Charlie Rogers, 1999 (22-318)
12.6 Golden Tate, 2010 (16-202)
12.3 Bobby Joe Edmonds, 1986 (34-419)

Highest Average, Game (Min. 3 ret.)

34.8 Tyler Lockett, at Arizona 1/3/2016 (4-139)
32.0 Paul Johns, vs. L.A. Raiders 10/16/1983 (3-96)
31.7 Nate Burleson, vs. St. Louis 11/12/2006 (3-95)

TOUCHDOWNS

Most Touchdowns, Career

4 Joey Galloway, 1995-98
2 Paul Johns, 1981-84
Bobby Engram, 2001-07
Nate Burleson, 2006-07

Most Touchdowns, Season

2 Joey Galloway, 1998
1 13 Times (Last: Tyler Lockett, 2015)

Most Touchdowns, Rookie, Season

1 Will Lewis, 1980
Bobby Joe Edmonds, 1986
Joey Galloway, 1995
Charlie Rogers, 1999
Tyler Lockett, 2015

Most Touchdowns, Game

1 By 15 Times(Last: Tyler Lockett, at St. Louis 9/13/2015)

OPPONENT INDIVIDUAL RECORDS

PUNT RETURNS

Most Punt Returns, Game

8 Vai Sikahema, vs. Philadelphia 12/13/1992
7 Rolland Lawrence, vs. Atlanta 11/7/1976
Pete Shaw, at N.Y. Giants 12/11/1983
Brian Mitchell, vs. Philadelphia 9/23/2001
Reno Mahe, at Philadelphia 12/5/2005
Pharoh Cooper, vs. L.A. Rams 12/17/2017

FAIR CATCHES

Most Fair Catches, Game

6 Greg Pruitt, at L.A. Raiders 10/7/1984
Patrick Peterson, vs. Arizona 12/22/2013
5 Greg Pruitt, vs. L.A. Raiders 11/12/1984
Emile Harry, at Kansas City 11/9/1986

YARDS GAINED

Most Yards Gained, Game

184 Jermaine Lewis, at Baltimore 12/7/1997
133 Desmond Howard, at Oakland 11/15/1998
128 Pharoh Cooper, vs. L.A. Rams 12/17/2017

Longest Punt Return

91t JoJo Townsell, vs. N.Y. Jets 11/9/1987
90t Stedman Bailey, at St. Louis 10/19/2014
89t Jermaine Lewis, at Baltimore 12/7/1997
Jimmy Williams, at San Francisco 12/1/2002
Devin Hester, at Chicago 10/17/2010

AVERAGE YARDAGE

Highest Average, Game (Min. 3 ret.)

36.8 Jermaine Lewis, at Baltimore 12/7/1997 (5-184)
32.7 David Meggett, at N.Y. Giants 11/19/1989 (3-98)
31.7 JoJo Townsell, at N.Y. Jets 11/9/1987 (3-95)

Most Touchdowns, Game

2 Jermaine Lewis, at Baltimore 12/7/1997
1 20 Times (Last: Deonte Harris, vs. New Orleans 9/2219)

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Career

165 Steve Broussard, 1995-98
134 Charlie Rogers, 1999-2001
129 Maurice Morris, 2002-07

Most Kickoff Returns, Season

69 Josh Wilson, 2008
66 Charlie Rogers, 2000
59 Josh Scobey, 2005

Most Kickoff Returns, Game

8 Bobby Joe Edmonds, vs. L.A. Raiders 11/30/1987
Josh Wilson, at N.Y. Giants 10/5/2008
7 By 15 Players (Last: Leon Washington, at Tampa Bay 12/26/2010)

YARDS GAINED

Most Yards Gained, Career

3,900 Steve Broussard, 1995-98
3,329 Leon Washington, 2010-12
3,214 Charlie Rogers, 1999-2001

Most Yards Gained, Season

1,753 Josh Wilson, 2008
1,629 Charlie Rogers, 2000
1,461 Leon Washington, 2010

Most Yards Gained, Rookie, Season

852 Tyler Lockett, 2015
829 Rufus Crawford, 1978
821 Maurice Morris, 2002

Most Yards Gained, Game

253 Leon Washington, vs. San Diego 9/26/2010
231 Maurice Morris, at St. Louis 10/20/2002
222 Leon Washington, at San Francisco 12/12/2010

Longest Kickoff Return

105t Tyler Lockett, vs. Chicago 9/27/2015
101t Leon Washington, vs. San Diego 9/26/2010
99t Leon Washington, vs. San Diego 9/26/2010
Tyler Lockett, vs. Arizona 12/31/2017

HIGHEST AVERAGE

Highest Average, Career (Min. 50 ret.)

26.2 Leon Washington, 2010-12 (127-3,329)
25.1 Tyler Lockett, 2015- (127-3,188)
25.0 Josh Wilson, 2007-08 (94-2,350)

Highest Average, Season (Min. 1 ret. per game)

29.0 Leon Washington, 2012 (27-784)
26.9 Steve Broussard, 1998 (29-781)
26.4 Tyler Lockett, 2016 (23-606)

Highest Average, Game (Min. 3 ret.)

63.3 Leon Washington, vs. San Diego 9/26/2010 (4-253)
44.3 Leon Washington, at Arizona 9/9/2012 (3-133)
42.8 Charlie Rogers, vs. Buffalo 12/23/2000 (4-171)

TOUCHDOWNS

Most Touchdowns, Career

4 Leon Washington, 2010-12
2 Tyler Lockett, 2015-
1 By 8 players

Most Touchdowns, Season

3 Leon Washington, 2010
1 Zachary Dixon, 1983
James Jefferson, 1989
Jon Vaughn, 1994
Steve Broussard, 1998
Charlie Rogers, 2000
Maurice Morris, 2002
Nate Burleson, 2007
Josh Wilson, 2007
Leon Washington, 2012
Tyler Lockett, 2015, 2017

Most Touchdowns, Rookie, Season

1 Maurice Morris, 2002
Josh Wilson, 2007
Tyler Lockett, 2015

Most Touchdowns, Game

2 Leon Washington, vs. San Diego 9/26/2010
1 By 10 Players (Last: Tyler Lockett, vs. Arizona 12/31/2017)

COMBINED KICK RETURNS

Most Combined Kick Returns, Career

270 Tyler Lockett, 2015- (143-P, 127-K)
231 Leon Washington, 2010-12 (104-P, 127-K)

207 Charlie Rogers, 1999-01 (73-P, 134-K)

Most Combined Kick Returns, Season

92 Charlie Rogers, 2000 (26-P, 66-K)
85 Nate Burleson, 2007 (58-P, 27-K)
84 Leon Washington, 2011 (41-P, 43-K)

Most Combined Kick Returns, Game

11 Bobby Joe Edmonds, at New England 9/21/1986 (5-P, 6-K)
10 By 4 Players (Last: Nate Burleson, vs. San Diego 12/24/2006 [5-P, 5-K])

COMBINED YARDS GAINED

Most Yards Returned, Career

4,398 Leon Washington, 2010-12 (1,069-P, 3,329-K)
4,256 Tyler Lockett, 2015- (1,068-P, 3,188-K)
4,139 Charlie Rogers, 1999-01 (925-P, 3,214-K)

Most Yards Gained, Season

1,992 Charlie Rogers, 2000 (363-P, 1,629-K)
1,753 Josh Wilson, 2008 (0-P, 1,753-K)
1,710 Leon Washington, 2010 (249-P, 1,461-K)

Most Yards Returned, Game

253 Leon Washington, vs. San Diego 9/26/2010 (253-K)
231 Maurice Morris, vs. St. Louis 10/20/2002 (231-K)
230 Leon Washington, at San Francisco 12/12/2010 (222-K, 8-P)

COMBINED TOUCHDOWNS

Most Touchdowns, Career

4 Joey Galloway, 1995-98 (4-P)
Leon Washington, 2010-12 (4-K)
3 Nate Burleson, 2006-09 (2-P, 1-K)
Tyler Lockett, 2015- (1-P, 2-K)
2 Paul Johns, 1981-84 (2-P)
Charlie Rogers, 1999-01 (1-P, 1-K)
Bobby Engram, 2001-07 (2-P)

Most Touchdowns, Season

3 Leon Washington, 2010 (3-K)
2 Joey Galloway, 1998 (2-P)
Nate Burleson, 2007 (1-P, 1-K)
Tyler Lockett, 2015 (1-P, 1-K)

Most Touchdowns, Game

2 Leon Washington, vs. San Diego 9/26/2010
1 27 Times (Last: Tyler Lockett, vs. Arizona 12/31/2017)

OPPONENT INDIVIDUAL RECORDS

KICKOFF RETURNS

Most Kickoff Returns, Game

10 Desmond Howard, vs. Oakland 10/26/1997
9 Paul Palmer, at Kansas City 9/20/1987
8 By 4 Players (Last: Derrick Williams, vs. Detroit 11/8/2009)

YARDS GAINED

Most Yards Gained, Game

223 Desmond Howard, vs. Oakland 10/26/1997
221 Paul Palmer, at Kansas City 9/20/1987
220 Terry Kirby, vs. Oakland 11/11/2001

Longest Kickoff Return

102t Ted Ginn, at San Francisco 9/11/2011
101t Cordarrelle Patterson, at Minnesota 12/6/2015
99t Chris Johnson, at St. Louis 10/9/2005
Tamarick Vanover, vs. Kansas City 9/3/1995

HIGHEST YARDAGE

Highest Average, Game (Min. 3 ret.)

48.3 Byron Hanspard, vs. Atlanta 11/30/1997 (3-145)
44.3 Paul Palmer, at Kansas City 12/27/1987 (3-133)
44.0 Ted Ginn, at San Francisco 9/11/2011 (4-176)

TOUCHDOWNS

Most Touchdowns, Game

1 By 13 Players (Last: Richie James, at San Francisco 12/16/2018 [OT])

OPPONENT COMBINED KICK RETURNS

Most Combined Kick Returns, Game

11 Vai Sikahema, vs. Philadelphia 12/13/1992 (OT)(8-P, 3-K)
Johnny Bailey, vs. Phoenix 12/19/1993 (OT)(4-P, 7-K)
Desmond Howard, vs. Oakland 10/26/1997(1-P, 10-K)
Tamarick Vanover, vs. Kansas City 12/26/1999 (5-P, 6-K)

COMBINED YARDS GAINED

Most Yards Returned, Game

275 Jermaine Lewis, vs. Baltimore 12/7/1997 (184-P, 91-K)
268 Ted Ginn, at San Francisco 9/11/2011 (92-P, 176-K)
228 Glyn Milburn, at Denver 12/10/1995 (95-P, 133-K)

TOUCHDOWNS

Most Touchdowns, Game

2 Jermaine Lewis, at Baltimore 12/7/1997
Ted Ginn, at San Francisco 9/11/2011
1 30 Times (Last: Richie James, at San Francisco 12/16/2018 [OT])

FUMBLES

FUMBLES

Most Fumbles, Career

108 Dave Krieg, 1980-91
81 Russell Wilson, 2012-
55 Matt Hasselbeck, 2001-10

Most Fumbles, Season

18 Dave Krieg, 1989
17 Jon Kitna, 2000
16 Dave Krieg, 1990

Most Fumbles, Game

6 Dave Krieg, vs. Kansas City 11/5/1989
5 Dave Krieg, vs. San Diego 11/25/1990 (OT)
4 By 3 Players (Last: Jon Kitna, vs. Buffalo 12/23/2000)

FUMBLES RECOVERED

Most Fumbles Recovered, Career, Own and Opp.

32 Russell Wilson, 2012- (31-own, 1-opp)
27 Dave Krieg, 1980-91 (27-own)
20 Jon Kitna, 1997-2000 (20-own)

Most Fumbles Recovered, Season, Own and Opp.

9 Dave Krieg, 1989 (9-own)
Jon Kitna, 2000 (9-own)
6 Jon Kitna, 1999 (6-own)
Russell Wilson, 2014 (6-own)
Russell Wilson, 2017 (6-own)

Most Fumbles Recovered, Game, Own and Opp.

3 Dave Krieg, vs. Chicago 12/20/1987 (3-own)
Dave Krieg, vs. Kansas City 11/5/1989 (3-own)
Darryl Williams, vs. Kansas City 10/4/1998 (3-opp)
Jon Kitna, vs. Jacksonville 11/12/2000 (3-own)
Matt Hasselbeck, vs. Houston 12/13/2009 (3-own)
Russell Wilson, at Tennessee 9/24/2017 (3-own)

OWN FUMBLES RECOVERED

Most Own Fumbles Recovered, Career

31 Russell Wilson, 2012-
27 Dave Krieg, 1980-91
20 John Kitna, 1997-2000

Most Own Fumbles Recovered, Season

9 Dave Krieg, 1989
Jon Kitna, 2000
6 Jon Kitna, 1999
Russell Wilson, 2014
Russell Wilson, 2017

Most Own Fumbles Recovered, Game

3 Dave Krieg, vs. Chicago 12/20/1987
Dave Krieg, vs. Kansas City 11/5/1989
Jon Kitna, vs. Jacksonville 11/12/2000
Matt Hasselbeck, vs. Houston 12/13/2009
Russell Wilson, at Tennessee 9/24/2017

DEFENSE - FORCED FUMBLES

Most Forced Fumbles, Career

28 Jacob Green, 1980-91
25 Michael Sinclair, 1991-2001
14 Rufus Porter, 1988-94
13 Joe Nash, 1982-96
Bruce Scholtz, 1982-88
Cortez Kennedy, 1990-00
Cliff Avril, 2013-17

Most Forced Fumbles, Season

7 Jacob Green, 1985
Michael Sinclair, 1998
6 By 3 Players (Last: Michael Sinclair, 1997)

DEFENSE - FUMBLES RECOVERED

Most Fumbles Recovered, Career

17 Jacob Green, 1980-91
14 Eugene Robinson, 1985-95
13 Chad Brown, 1997-2004

Most Fumbles Recovered, Season

5 Nesby Glasgow, 1989
4 Many Times (Last: Michael Sinclair, 2000)

Most Fumbles Recovered, Game

3 Darryl Williams, at Kansas City 10/4/1998
2 18 Times (Last: Red Bryant, vs. San Diego 9/26/2010)

DEFENSE - FUMBLE RETURN YARDS

Longest Fumble Return

83t Antonio Edwards, at Denver 12/10/1995
79t Jacob Green, vs. N.Y. Jets 10/27/1985
Nick Reed, vs. Jacksonville 10/11/2009
71 Shawn Springs, at Oakland 9/8/2002

TOUCHDOWNS

Most Touchdowns, Career (Total)

3 Chad Brown, 1997 (3-opp)
Bobby Wagner, 2012- (3-opp)
2 Jacob Green, 1980-91 (2-opp)
Shelton Robinson, 1982-85 (2-opp)
Michael Sinclair, 1991-01 (2-opp)

Most Touchdowns, Season (Total)

2 Shelton Robinson, 1983 (2-opp)
Chad Brown, 1997 (2-opp)
Bobby Wagner, 2015 (2-opp)

Most Touchdowns, Game (Total)

1 Many Times (Last: Jadeveon Clowney, at San Francisco 11/11/2019)

OPPONENT INDIVIDUAL RECORDS

FUMBLES

Most Fumbles, Game

5 Dave Walter, vs. Cincinnati 10/11/1987
4 4 Times (Last: Kurt Warner, vs. Arizona 9/17/2006)

FORCED FUMBLES

Most Forced Fumbles, Game

2 Many Times (Last: K'Waun Williams, at San Francisco 11/11/2019)

FUMBLES RECOVERED

Most Fumbles Recovered, Game

2 Many Times (Last: DeForest Buckner, at San Francisco 11/11/2019)

Most Own Fumbles Recovered, Game

3 Craig Erickson, at Miami 10/6/1996
Kurt Warner, vs. Arizona 9/17/2006
2 Many Times

FUMBLE RETURN YARDS

Longest Fumble Return

89t Victor Adeyanju, vs. St. Louis 11/12/2006
86t Derrick Thomas, vs. Kansas City 12/5/1993
77t Jason McCourty, vs. Tennessee 10/13/2013

TOUCHDOWNS

Most Touchdowns, Game

1 Many Times (Last: DeForest Buckner, at San Francisco 11/11/2019)

COMBINED NET YARDS

Yards Gained via Rushing, Receiving, Interception Returns, Punt Returns, Kickoff Returns, and Fumble Returns

ATTEMPTS

Most Attempts, Career

2,403 Shaun Alexander, 2000-07
1,943 Chris Warren, 1990-97
1,855 Curt Warner, 1983-89

Most Attempts, Season

385 Shaun Alexander, 2005
379 Curt Warner, 1983
378 Shaun Alexander, 2004

Most Attempts, Rookie, Season

379 Curt Warner, 1983
162 John L. Williams, 1986
161 Sherman Smith, 1976

Most Attempts, Game

40 Shaun Alexander, vs. Green Bay 11/27/2006
37 Shaun Alexander, vs. Oakland 11/11/2001
Marshawn Lynch, vs. Baltimore 11/13/2011
36 Chris Warren, at New England 9/19/1993
Shaun Alexander, vs. Oakland 11/11/2001

YARDS GAINED

Most Yards Gained, Career

13,396 Steve Largent, 1976-89
10,948 Shaun Alexander, 2000-07
10,665 Chris Warren, 1990-97

Most Yards Gained, Season

1,992 Charlie Rogers, 2000
1,958 Shaun Alexander, 2005
1,946 Nate Burleson, 2007

Most Yards Gained, Rookie, Season

1,915 Tyler Lockett, 2015
1,774 Curt Warner, 1983
1,583 Joey Galloway, 1995

Most Yards Gained, Game

281 Shaun Alexander, vs. Oakland 11/11/2001
264 Maurice Morris, vs. St. Louis 10/20/2002
261 Steve Largent, vs. Detroit 10/18/1987

OPPONENT INDIVIDUAL RECORDS

ATTEMPTS

Most Attempts, Game

42 Earl Campbell, at Houston 10/11/1981
41 Larry Johnson, at Kansas City 10/29/2006
David Jonson, at Arizona 10/23/2016 (OT)
39 Barry Foster, at Pittsburgh 12/6/1992
Edgerrin James, vs. Indianapolis 10/15/2000
Marshall Faulk, at St. Louis 10/20/2002
Chris Johnson, vs. Tennessee 1/3/2010

YARDS GAINED

Most Yards Gained, Game

404 Glyn Milburn, at Denver 12/10/1995 (NFL record)
308 Jermaine Lewis, vs. Baltimore 12/7/1997
307 Priest Holmes, vs. Kansas City 11/24/2002

TACKLES

TACKLES

Most Tackles, Career

1,211 Bobby Wagner, 2012-
984 Eugene Robinson, 1985-95
934 K.J. Wright, 2011-

Most Tackles, Season

167 Bobby Wagner, 2016
159 Bobby Wagner, 2019
153 Terry Beeson, 1978

Most Tackles, Game

19 Bobby Wagner, vs. New Orleans 9/22/2019
18 Terry Beeson, vs. Houston 11/20/1977
Sammy Green, vs. Minnesota 10/8/1978
17 Kam Chancellor, vs. Arizona 11/15/2015

OPPONENT INDIVIDUAL RECORDS

TACKLES

Most Tackles, Game

19 Randy Gradishar, vs. Denver 10/29/1978
19 Paul Worrilow, at Atlanta 11/10/2013
16 7 Times (Last: Novorro Bowman, vs. San Francisco 12/23/2012)

SACKS

SACKS

Most Sacks, Career

*97.5 Jacob Green, 1980-91
73.5 Michael Sinclair, 1991-2001
63.0 Jeff Bryant, 1982-93
*Unofficially 116.0. Sacks did not become official until 1982.

Most Sacks, Season

16.5 Michael Sinclair, 1998
16.0 Jacob Green, 1983
14.5 Jeff Bryant, 1984
Patrick Kerney, 2007

Most Sacks, Game

4.0 Jacob Green, vs. N.Y. Giants 10/19/1986
Michael Sinclair, vs. Denver 9/8/1996
Michael McCrary, at Oakland 12/22/1996
Darryl Tapp, vs. St. Louis 10/21/2007
Chris Clemons, vs. Green Bay 9/24/2012

OPPONENT INDIVIDUAL RECORDS

SACKS

Most Sacks, Game

7.0 Derrick Thomas, at Kansas City 11/11/1990 (NFL record)
4.0 By 3 Players (Last: Leslie O'Neal, vs. San Diego 10/22/1995)

BLOCKED KICKS

BLOCKED PUNTS

Most Blocked Punts, Career

3 Kerry Justin, 1978-83, 1986-87
2 By 5 Players

Most Blocked Punts, Season

2 By 4 Players (Last: Kerry Justin, 1986)

Most Blocked Punts, Game

1 33 Times (Last: Ryan Neal, vs. New York Giants 12/6/2020)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Career

8 Joe Nash, 1982-96
Craig Terrill, 2004-10
4 Red Bryant, 2008-12
2 By 5 Players (Last: Rasheem Green, 2018-)

Most Blocked Field Goals, Season

3 Joe Nash, 1989
Craig Terrill, 2010
Red Bryant, 2011
2 Mike White, 1982
Joe Nash, 1984
Craig Terrill, 2006
Rasheem Green, 2019

Most Blocked Field Goals, Game

2 Red Bryant, at Cleveland 10/23/2011
1 Many Times (Last: Rasheem Green, vs. Arizona 12/22/2019)

BLOCKED PATS

Most Blocked PATs, Career

3 Mike White, 1981-82
2 By 3 Players

Most Blocked PATs, Season

2 Mike White, 1981
1 By 13 Players (Last: Tre Flowers, 2020)

Most Blocked PATs, Game

1 13 Times (Last: Tre Flowers, vs. Dallas 9/27/2020)

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Career

10 Joe Nash, 1982-96 (8 FG, 2 PAT)
8 Craig Terrill, 2004-10 (8 FG)
5 Mike White, 1981-82 (2 FG, 3 PAT)
Jeff Bryant, 1982-93 (3 FG, 2 PAT)
Red Bryant, 2008-12 (4 FG, 1 PAT)

Most Blocked Kicks, Season

4 Red Bryant, 2011 (3 FG, 1 PAT)
3 Mike White, 1982 (2 FG, 1 PAT)
Joe Nash, 1989 (3 FG)
Craig Terrill, 2010 (3 FG)
2 By 5 Players (Last: Rasheem Green, 2019)

Most Blocked Kicks, Game

2 Red Bryant, at Cleveland 10/23/2011
Red Bryant, vs. Washington 11/27/2011
1 Many Times (Last: Tre Flowers, vs. Dallas 9/27/2020)

BLOCKED KICK RETURNS

Longest Return of Blocked Punt

32 Jessie Green, vs. N.Y. Jets 10/19/1980
26 Steve Raible, vs. Green Bay 10/10/1976
25t Mike Morgan, vs. Dallas 10/12/2014

Longest Return of Blocked Field Goal

90t Richard Sherman, vs. San Francisco 12/23/2012
62 Paul Moyer, vs. Cleveland 10/9/1988
62t Vernon Dean, vs. L.A. Rams 10/23/1988
61t Robert Blackmon, vs. Houston 11/3/1996
Shawn Springs, at Green Bay 11/1/1999

OPPONENT INDIVIDUAL RECORDS

BLOCKED PUNTS

Most Blocked Punts, Game

1 Many Times(Last: Cameron Malveaux, vs. Arizona 12/30/2018)

BLOCKED FIELD GOALS

Most Blocked Field Goals, Game

1 Many Times(Last: Rodney Gunter, vs. Arizona 12/24/2016)

BLOCKED PATS

Most Blocked PATs, Game

1 Many Times(Last: Chris Jones, at San Francisco 1/1/2017)

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Game

1 Many Times (Last: Cameron Malveaux, vs. Arizona 12/30/2018)

BLOCKED KICK RETURNS

Longest Return of Blocked Punt

28t Andre King, vs. Cleveland 11/30/2003
23 Frank Duncan, vs. San Diego 9/7/1980
16t Ed Reed, at Baltimore 11/23/2003

Longest Return of Blocked Field Goal

61t Delano Howell, at Indianapolis 10/6/2013
58t Dave Waymer, vs. New Orleans 10/16/1988

Touchdowns with Blocked Kick Recovery

1 Dave Waymer, vs. New Orleans 10/16/1988 (FG, 58 yds)
Albert Lewis, at Kansas City 1/2/1994 (punt, 0 yds)
Ed Reed, at Baltimore 11/23/2003 (punt, 16 yds)
Andre King, vs. Cleveland 11/30/2003 (punt, 28 yds)
Delano Howell, at Indianapolis 10/6/2013 (FG, 61 yds)
Brice Butler, vs. Oakland 11/2/2014 (punt, 0 yds)
Dennis Gardeck, vs. Arizona 12/30/2018 (punt, 0 yds)

SAFETIES

SAFETIES

Most Safeties, Career

2 Rod Stephens, 1989-94
1 Many Times

Most Safeties, Season

2 Rod Stephens, 1993 (NFL record)
1 By Many Players (Last: Ryan Neal, 2020)

Most Safeties, Game

1 By Many Players (Last: Ryan Neal, vs. New York Giants 12/6/2020)

OPPONENT INDIVIDUAL RECORDS

SAFETIES

Most Safeties, Game

1 Many Times (Last: Nate Hairston, vs. Indianapolis 10/1/2017)

TEAM RECORDS - REGULAR SEASON

ATTENDANCE

ATTENDANCE

Largest Single-Season Regular-Season Home Totals

552,588 2016 (69,074)
552,162 2015 (69,020)
552,009 2018 (69,001)

Largest Single-Game Regular-Season – Lumen Field (2002-)

69,190 vs. Philadelphia 11/20/2016
69,162 vs. San Francisco 12/29/2019
69,104 vs. Carolina 12/4/2016

Largest Single-Game Regular-Season – Kingdome (1976-99)

66,400 vs. Oakland 10/3/1999
66,332 vs. Kansas City 12/26/1999
66,318 vs. San Diego 12/12/1999

Largest Single-Game Regular-Season – Husky Stadium (2000-01)

68,681 vs. Oakland 12/16/2000
68,661 vs. Denver 11/26/2000
67,231 vs. Oakland 11/11/2001

Largest Single-Game Regular – Season Road Attendance

92,150 at Dallas 12/24/2017
91,486 at Dallas 11/1/2015
91,046 at L.A. Rams 9/18/2016

GAMES WON-LOST

GAMES WON

Most Games Won, Season

13 2005, 2013
12 1984, 2014, 2020
11 2012, 2019

Most Consecutive Games Won

11 2005
9 2012-13
8 1984

Most Consecutive Games Without Defeat

11 2005
9 2012-13
8 1984

Most Consecutive Games Won, One Season

11 2005
8 1984
7 2013

Most Consecutive Games Won, Start of Season

5 2020
4 2013
3 1986, 1998, 2003, 2004, 2006

Most Consecutive Games Won, End of Season

6 2014
5 1986, 2012
4 2020

Most Consecutive Home Games Won

14 2012-13
12 2004-06
10 2002-04

Most Consecutive Road Games Won

6 2019
5 1979-80, 2005, 2015
4 1984, 2012-13, 2017

Most Shutout Games Won or Tied, Season

3 1984
2 1986, 2009
1 12 Times (Last: 2015)

Most Consecutive Shutout Games Won or Tied, Season

2 1984
1 17 Times (Last: 2015)

Most Consecutive Overtime Games Won, Season

2 1990, 2019 (Ties NFL record)

GAMES LOST

Most Games Lost, Season

14 1992
12 1976, 1980, 2008
11 2009

Most Consecutive Games Lost

10 1980-81
9 1976-77
8 1992

Most Consecutive Games Lost, One Season

9 1980
8 1992
6 1994, 2008

Most Consecutive Games Lost, Start of Season

5 1976
4 1977
3 1990, 1996, 2002

Most Consecutive Games Lost, End of Season

9 1980
5 1976
4 1992, 2009

Most Consecutive Home Games Lost

8 1980
5 1992, 2008
4 1976, 1976-77

Most Consecutive Road Games Lost

8 1976-77, 1980-81
7 1992-93
6 2003, 2008-09

Most Shutout Games Lost or Tied, Season

2 1992
1 9 Times (Last: 2011)

Most Consecutive Shutout Games, Lost or Tied, Season

2 1992
1 9 Times (Last: 2011)

Most Consecutive Overtime Games Lost, Season

1 22 Times (Last: 2020)

SCORING

POINTS

Most Points, Season

459 2020
452 2005
428 2018

Fewest Points, Season

127 1982 (9 games)
140 1992 (NFL record for 16-game season)
229 1976 (14 games)

Most Points, Game

58 vs. Arizona 12/9/2012
56 vs. Buffalo 10/30/1977
51 vs. Kansas City 11/27/1983 (OT)

Fewest Points, Game

0 11 Times (Last: at Pittsburgh 9/18/2011)

Most Points, Both Teams, Game

99 Seattle (51) vs. Kansas City (48) 11/27/1983 (OT)
85 Seattle (41) at Baltimore (44) 11/23/2003 (OT)
Seattle (41) at Atlanta (44) 12/30/2007
84 Seattle (49) vs. San Diego (35) 9/15/1985

Fewest Points, Both Teams, Game

9 Seattle (3) at Cleveland (6) 10/23/2011
12 Seattle (3) at L.A. Rams (9) 9/18/2016
Seattle (6) at Arizona (6) 10/23/2016
14 Seattle (14) vs. Washington (0) 9/28/1980

Most Points, Shutout Victory, Game

58 vs. Arizona 12/9/2012
45 vs. Kansas City 11/4/1984
42 at Philadelphia 12/5/2005

Fewest Points, Shutout Victory, Game

14 vs. Washington 9/28/1980
16 vs. Pittsburgh 11/28/1982
vs. Oakland 11/6/2006
17 vs. N.Y. Jets 11/13/1977

Most Points Overcome to Win Game

21 vs. Tampa Bay 11/3/2013 (Trailed 21-0, Won 27-24 in OT)
20 at Denver 12/10/1995 (Trailed 20-0, Won 31-27)
18 vs. Pittsburgh 11/8/1981 (Trailed 21-3, Won 24-21)
at Oakland 12/14/1997 (Trailed 21-3, Won 22-21)

Most Points, Each Half

1st: 45, vs. Minnesota 9/29/2002
42, vs. Buffalo 10/30/1977
38, vs. Arizona 12/9/2012
2nd: 36, vs. Indianapolis 10/1/2017
35, vs. San Diego 9/15/1985
34, vs. Kansas City 11/27/1983

Most Points, One Quarter

31 vs. Minnesota, 9/29/2002 (2nd)
28 5 Times (Last: vs. Arizona 12/9/2012 [2nd])

Most Points, Each Quarter

1st: 21, vs. Cincinnati 9/6/1981
vs. Detroit 10/18/1987
vs. N.Y. Giants 11/5/1995
vs. N.Y. Giants 9/24/2006
2nd: 31, vs. Minnesota 9/29/2002
28, vs. Buffalo 10/30/1977
vs. Kansas City 11/4/1984
vs. Kansas City 9/11/1988
vs. Arizona 12/9/2012
3rd: 28, vs. San Diego 9/15/1985
22, vs. Indianapolis 10/1/2017
21, vs. Chicago 9/23/1984
vs. Carolina 12/5/2010
vs. Minnesota 10/11/2020
4th: 24, vs. New England 9/21/1986
22, vs. Dallas 12/6/2004
21, vs. Detroit 9/24/1978
at Denver 12/10/1995
at San Diego 12/29/2002
vs. N.Y. Giants 11/9/2014
at Arizona 12/21/2014
vs. Arizona 12/24/2016
OT: 6, at Atlanta 12/15/2002
at Chicago 12/2/2012
vs. Denver 9/21/2014
vs. Tampa Bay 11/3/2019
3, 10 Times (Last: at Arizona 10/23/2016)

GAMES

Most Consecutive Games Scoring

157 2011-present
121 1992-99

TEAM RECORDS - REGULAR SEASON

115 2000-07

TOUCHDOWNS

Most Touchdowns, Season

57 2005
55 2020
52 2018

Fewest Touchdowns, Season

14 1982 (9 games)
1992
28 1989

Most Touchdowns, Game

8 vs. Buffalo 10/30/1977
7 vs. San Diego 9/15/1985
vs. Arizona 12/9/2012
6 17 Times (Last: vs. San Francisco 12/2/2018)

Most Touchdowns, Both Teams, Game

13 Seattle (6) vs. Kansas City (7) 11/27/1983 (OT)
12 Seattle (7) vs. San Diego (5) 9/15/1985
10 8 Times (Last: Seattle [5] vs. Houston [5] 10/29/2017)

Most Consecutive Games Scoring Touchdowns

62 2017-present
58 2012-16
48 1982-85

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Season

56 2005
50 1984
49 1983, 2020

Fewest Points After Touchdown, Season

13 1982 (9 games)
14 1992
25 1994

Most Points After Touchdown, Game

8 vs. Buffalo 10/30/1977
7 vs. San Diego 9/15/1985
vs. Arizona 12/9/2012
6 13 Times (Last: vs. Jacksonville 9/22/2013)

Most Points After Touchdown, Both Teams, Game

12 Seattle (6) vs. Kansas City (6) 11/27/1983 (OT)
10 5 Times (Last: Seattle [5] vs. Houston [5] 10/29/2017)

TWO-POINT CONVERSIONS (ADOPTED IN 1994)

Most Two-Point Conversion Attempts, Season

6 1994, 1996, 1997
5 2015, 2017
4 1998, 2000

Most Two-Point Conversion Attempts, Game

2 at Kansas City 10/23/1994
vs. San Diego 10/22/1995
vs. Oakland 10/26/1997
vs. Oakland 12/16/2000
vs. Arizona 11/15/2015
vs. Pittsburgh 11/29/2015
vs. Washington 11/5/2017

Most Two-Point Conversions Made, Season

4 1994, 1996
2 1998, 2004, 2010, 2017

Most Two-Point Conversions Made, Game

2 at Kansas City 10/23/1994
1 Many Times

FIELD GOALS

Most Field Goals Attempted, Season

40 1999
37 2014, 2016
35 1986, 2013

Fewest Field Goals Attempted, Season

14 1982 (9 games)
16 1976
18 1977

Most Field Goals Attempted, Game

6 vs. Kansas City 9/20/1987
vs. Pittsburgh 9/26/1999
vs. San Diego 12/12/1999
vs. Chicago 9/27/2009
at Arizona 11/14/2010
5 11 Times(Last: vs. Arizona 11/23/2014)

Most Field Goals Attempted, Both Teams, Game

10 Seattle (6) vs. San Diego (4) 12/12/1999
9 at Seattle (5) vs. Houston (4) 11/3/1996

Most Field Goals, Season

34 1999
33 2013, 2016
31 2014

Fewest Field Goals, Season

9 1976, 1977
10 1982 (9 games)

Most Field Goals, Game

5 vs. Kansas City 9/20/1987
vs. L.A. Raiders 12/18/1988
vs. Pittsburgh 9/26/1999
vs. Arizona 10/24/2010
at Arizona 11/14/2010
vs. Baltimore 11/13/2011
4 Many Times

Most Field Goals, Both Teams, Game

8 Seattle (5) vs. L.A. Raiders (3) 12/18/1988
7 9 Times (Last: Seattle [3] vs. San Francisco [4] 9/14/2008)

Most Consecutive Games Scoring Field Goals

21 2015-17
19 2002-03, 2015-16
15 1990-91

SAFETIES

Most Safeties, Season

4 1993 (Ties NFL record)
3 2020
2 2013, 2017

Most Safeties, Game

1 Many Times (Last: vs. NYG 12/6/2020)

Most Safeties, Both Teams, Game

2 Seattle (0) vs. Denver (2) 1/2/1983
Seattle (1) vs. Cleveland (1) 11/14/1993
1 Many Times (Last: Seattle [1] vs. NYG [0] 12/6/2020)

POINTS ALLOWED

Most Points Allowed, Season

429 1976
408 1980
407 2010

Fewest Points Allowed, Season

147 1982 (9 games)
231 2013 (Led NFL)
245 2012 (Led NFL)
254 2014 (Led NFL)

Most Points Allowed, Game

51 vs. New Orleans 11/21/1976
at Dallas 11/27/1980
48 vs. Kansas City 11/27/1983 (OT)
at Green Bay 12/27/2009

Fewest Points Allowed, Game

0 19 Times (Last: vs. Chicago 9/27/2015)

TOUCHDOWNS ALLOWED

Fewest Touchdowns Allowed, Season

18 1982 (9 games)
22 2013
24 2005
25 1991, 2012

Most Touchdowns Allowed, Season

53 1976
48 1983
47 1980, 2010, 2019

Fewest Touchdowns Allowed, Game

0 Many Times

Most Touchdowns Allowed, Game

7 at Dallas 11/27/1980
vs. Kansas City 11/27/1983 (OT)
6 7 Times (Last: vs. Kansas City 11/28/2010)

FIRST DOWNS

FIRST DOWNS MADE

Most Seasons Leading League

1 1978

Most First Downs, Season

361 2005
356 2020
347 2002

Fewest First Downs, Season

159 1982 (9 games)
208 1992
238 1976

Most First Downs, Game

34 vs. San Diego 11/22/1987
at San Diego 12/29/2002 (OT)
33 vs. Kansas City 11/27/1983 (OT)
at Arizona 10/25/2020 (OT)
32 vs. Kansas City 11/24/2002

Fewest First Downs, Game

1 vs. L.A. Rams 11/4/1979
2 vs. New England 12/4/1988
6 3 Times (Last: at Dallas 10/11/1992)

Most First Downs, Both Teams, Game

64 vs. Kansas City 11/24/2002 (Sea-32, KC-32)
atArizona 10/25/2020 (Sea-33, Ari-31) OT
62 vs. San Diego 9/15/1985 (Sea-30, SD-32)

BY RUSHING

Most First Downs, Rushing, Season

150 1978
144 2014
142 2005

Fewest First Downs, Rushing, Season

51 1982 (9 games)
65 1999
75 1976

Most First Downs, Rushing, Game

19 vs. San Diego 11/22/1987
vs. Houston 10/16/2005
vs. N.Y. Giants 11/9/2014
18 vs. Kansas City 11/27/1983 (OT)

Fewest First Downs, Rushing, Game

0 at L.A. Rams 10/31/1976
vs. L.A. Rams 11/4/1979
vs. New England 12/4/1988

TEAM RECORDS - REGULAR SEASON

vs. L.A. Raiders 10/18/1992
vs. Arizona 10/18/2009

BY PASSING

Most First Downs, Passing, Season

224 2019
216 2020
207 2008

Fewest First Downs, Passing, Season

89 1982 (9 games)
114 1992
116 1977

Most First Downs, Passing, Game

23 vs. Tampa Bay 11/3/2019
22 at Cleveland 11/4/2007
21 vs. Denver 11/20/1983
vs. Kansas City 11/24/2002
vs. New Orleans 10/14/2007
at Arizona 10/25/2020

Fewest First Downs, Passing, Game

1 vs. L.A. Rams 11/4/1979
vs. Oakland 12/22/1996
2 6 Times (Last: vs. Philadelphia 11/2/2008)

BY PENALTY

Most First Downs, Penalty, Season

40 2018
39 1978
35 2002

Fewest First Downs, Penalty, Season

10 1986
14 1991
15 2000

Most First Downs, Penalty, Game

6 vs. N.Y. Jets 9/17/1978
vs. San Diego 1 1/16/1981
vs. San Diego 9/18/1994
vs. San Francisco 12/2/2018

FIRST DOWNS ALLOWED

Most First Downs Allowed, Season

376 2020
371 1981
356 2002

Fewest First Downs Allowed, Season

167 1982(9 games)
247 1992
262 1991

Most First Downs Allowed, Game

32 at San Diego 9/15/1985
vs. Kansas City 11/24/2002
31 at Chicago 12/20/1987
at Denver 12/1/1996
at N.Y. Jets 12/6/1998
at Denver 12/27/1998
at Arizona 10/25/2020 (OT)

Fewest First Downs Allowed, Game

6 vs. San Diego11/22/1987
vs. San Francisco11/12/2007
7 vs. Chicago9/27/2015
8 at N.Y. Jets11/13/1977
vs. San Francisco12/11/2005
at San Francisco10/22/2015

BY RUSHING

Most First Downs Allowed, Rushing, Season

175 1981
166 1976
153 1978

Fewest First Downs Allowed, Rushing, Season

70 2014
71 2015
78 2005, 2007

Most First Downs Allowed, Rushing, Game

19 vs. New Orleans 11/21/1976
18 3 Times (Last: at Kansas City 11/22/1981)

Fewest First Downs Allowed, Rushing, Game

0 at Green Bay 12/9/1990
at Baltimore 12/13/2015
at Arizona 1/3/2016
at N.Y. Giants 10/22/2017
1 Many Times (Last: Cincinnati 9/8/2019)

BY PASSING

Most First Downs Allowed, Passing, Season

253 2020
224 2019
207 2008

Fewest First Downs Allowed, Passing, Season

68 1982 (9 games)
125 1977
129 1992

Most First Downs Allowed, Passing, Game

27 at San Diego 9/15/1985
24 at Atlanta 10/27/2019
23 atAtlanta 9/13/2020
23 at Detroit 10/28/2012

Fewest First Downs Allowed, Passing, Game

2 4 Times (Last: vs. Chicago 9/27/2015)

BY PENALTY

Most First Downs Allowed, Penalty, Season

45 2017
43 2013
40 2011

Fewest First Downs Allowed, Penalty, Season

12 1991
13 1982 (9 games)
15 2006

Most First Downs Allowed, Penalty, Game

7 at Kansas City 10/17/1996
6 vs.Arizona 12/22/2013
at Tennessee 9/24/2017
at N.Y. Giants 10/22/2017
at Arizona 11/9/2017
5 11 Times (Last: at San Francisco 12/16/2018 (OT))

NET YARDS GAINED RUSH/PASS

PLAYS

Most Plays, Season

1,090 1985
1,072 1978
1,056 2007

Fewest Plays, Season

589 1982 (9 games)
869 1977
882 1976

Most Plays, Game

90 at San Diego 12/29/2002 (OT)
85 vs. Kansas City 11/27/1983 (OT)
vs. Green Bay 11/27/2006
vs. Philadelphia 12/7/2014
84 vs. Kansas City 9/29/1985
vs. San Diego 11/22/1987

Fewest Plays, Game

35 vs. L.A. Rams 11/4/1979
37 vs. N.Y. Giants 11/7/2010
39 at Tampa Bay 10/19/2008

YARDS

Most Net Yards Gained, Season

6,058 2015
6,012 2014
5,991 2019

Fewest Net Yards Gained, Season

2,594 1982 (9 games)
3,374 1992
4,065 1976

Most Net Yards Gained, Game

596 at Arizona 12/21/2014
591 at San Diego 12/29/2002 (OT)
572 at Arizona 10/25/2020

Fewest Net Yards Gained, Game

-7 vs. L.A. Rams 11/4/1979(NFL record)
62 at Dallas 10/11/1992
65 vs. New England 12/4/1988

Most Consecutive Games, 500 or More Yards Gained

2 2002

Most Consecutive Games, 400 or More Yards Gained

5 2015
4 1986
3 2012, 2017, 2020

Most Consecutive Games, 300 or More Yards Gained

23 2014-16
14 2019-20
13 2019

Most Games 500 Yards or More, Season

3 2002
2 1986, 2014
1 Many Times

Highest Average Gain, Season

5.89 2014 (1,021-6,012)
5.85 2015 (1,035-6,058)
5.80 2005 (1,020-5,915)

Lowest Average Gain, Season

3.57 1992 (945-3,374)
4.40 1982 (589-2,594 [9 games])
4.55 1989 (1,010-4,596)

OPPONENTS YARDS

Fewest Yards Allowed, Season

2,794 1982 (9 games)
4,274 2014
4,378 2013

Most Yards Allowed, Season

6,391 2000
6,106 2019
6,089 2020

Fewest Yards Allowed, Game

113 vs. San Francisco 12/11/2005
118 at Indianapolis 9/14/1997
120 vs. Cleveland 9/3/1984

Most Net Yards Allowed, Game

580 vs. San Francisco 9/25/1988
579 vs. Buffalo 12/23/2000
557 at San Diego 9/15/1985

OPPONENTS PLAYS

TEAM RECORDS - REGULAR SEASON

Fewest Opponents Plays Allowed, Season

600 1982 (9 games)
924 2014
947 2015
950 1990

Most Opponents Plays Allowed, Season

1,137 1998
1,126 1981
1,112 2020

Fewest Opponents Plays Allowed, Game

39 vs. San Diego 11/22/1987
41 at Pittsburgh 10/20/1991
43 vs. L.A. Raiders 9/16/1990

Most Opponents Plays Allowed, Game

95 vs. L.A. Rams 11/4/1979
vs. Philadelphia 12/13/1992
90 at Arizona 10/23/2016
89 vs. Minnesota 9/29/2002

Fewest Opp. Plays Allowed, Rushing, Season

337 1982 (9 games)
362 2015
366 2018

Most Opponents Plays Allowed, Rushing, Season

614 1976
596 1977
588 1981

Fewest Opponents Plays Allowed, Rushing, Game

10 at Green Bay 12/9/1990
12 vs. San Diego 11/22/1987
vs. Minnesota 11/10/1996
vs. San Francisco 12/6/2009
vs. Baltimore 11/13/2011

Most Opponents Plays Allowed, Rushing, Game

63 vs.L.A. Rams 11/4/1979
61 vs.Cincinnati 10/11/1987
60 2 Times (Last: vs. Pittsburgh 10/23/1983)

Fewest Opponents Plays Allowed, Passing, Season

263 1982 (9 games)
367 1977
394 1976

Most Opponents Plays Allowed, Passing, Season

674 2020
650 1998
633 1993

Fewest Opponents Attempts Allowed, Passing, Game

9 at N.Y. Giants 10/25/1992
10 at New England 12/4/1988
11 vs. Cincinnati 10/11/1987

Most Opponents Attempts Allowed, Passing, Game

63 at N.Y. Jets 12/6/1998
59 vs. Pittsburgh 11/29/2015
58 vs. New England 10/14/2012

RUSHING

ATTEMPTS

Most Rushing Attempts, Season

561 1978
546 1983
536 2012

Fewest Rushing Attempts, Season

227 1982 (9 games)
374 1976
385 2010

Most Rushing Attempts, Game

57 vs. N.Y. Jets9/11/1983
56 vs. San Diego9/18/1983
54 vs. San Diego11/22/1987

Fewest Rushing Attempts, Game

7 vs. L.A. Raiders11/17/1991
9 vs. Washington12/23/1989
11 at Carolina10/8/2000
vs. Arizona10/18/2009

YARDS GAINED

Most Yards Gained Rushing, Season

2,762 2014
2,579 2012
2,560 2018

Fewest Yards Gained Rushing, Season

795 1982(9 games)
1,392 1989
1,408 1999

Most Yards Gained Rushing, Game

350 vs. N.Y. Giants11/9/2014
320 vs. Houston10/16/2005
319 vs. Oakland11/11/2001

Fewest Yards Gained Rushing, Game

4 at Minnesota11/22/2009
14 vs. Arizona10/18/2009
20 vs. New England12/4/1988
vs. Kansas City11/28/2010

AVERAGE GAIN

Highest Average Gain, Rushing, Season

5.26 2014(525-2,762)
4.81 2012(536-2,579)
4.79 2018(534-2,560)
2020 (411-1,971)

Lowest Average Gain, Rushing, Season

3.32 1984 (495-1,645)
3.44 1989 (405-1,392)
3.45 1999 (408-1,408)

TOUCHDOWNS

Most Touchdowns, Rushing, Season

29 2005
28 1978
24 1979

Fewest Touchdowns, Rushing, Season

4 1982 (9 games),
1992, 2017
5 1989, 1999

Most Touchdowns, Rushing, Game

5 2005 vs. Houston 10/16/2005
2014 vs. N.Y. Giants 11/9/2014
4 11 Times (Last: at Buffalo 12/16/2012)

OPPONENT RUSHING

Most Yards Allowed Rushing, Season

2,876 1976
2,806 1981
2,513 1978

Fewest Yards Allowed, Rushing, Season

1,304 2014, 2015
1,461 1982 (9 games)
1,487 2016

Most Yards Allowed, Rushing, Game

356 vs. L.A. Raiders 11/30/1987
303 vs. L.A. Rams 11/4/1979
301 vs. Denver 11/26/2000

Fewest Yards Allowed, Rushing, Game

13 at Green Bay12/9/1990
vs. St. Louis12/29/2013
15 vs. Minnesota11/10/1996
17 vs. San Diego11/22/1987
vs. St. Louis12/22/2002

Most Touchdowns Allowed, Rushing, Season

23 1979
22 2019
21 1977

Fewest Touchdowns Allowed, Rushing, Season

4 1991, 2013
5 2005
7 1990

Most Touchdowns Allowed, Rushing, Game

5 at Green Bay12/27/2009
4 5 Times(Last: at Cleveland 11/4/2007)

PASSING

ATTEMPTS

Most Passes Attempted, Season

609 1997, 2009
590 2007
587 2002

Fewest Passes Attempted, Season

326 1982(9 games)
387 1977
405 1987, 2012

Most Passes Attempted, Game

61 vs. Kansas City 9/29/1985
55 at San Francisco 12/1/2002
53 at San Diego 12/29/2002 (OT)
at Arizona 11/15/2009

Fewest Passes Attempted, Game

14 vs. Kansas City 12/11/1977
15 vs. N.Y. Jets 9/11/1983
vs. Green Bay 11/15/1987
vs. Pittsburgh 12/6/1987
16 4 Times (Last: vs. Philadelphia 12/1/2011)

Most Passes Attempted, Both Teams, Game

103 Seattle (53) at San Diego (50) 12/29/2002 (OT)
98 Seattle (50) at Arizona (48) 10/25/2020 (OT)
95 Seattle (47) at Cleveland (48) 11/4/2007

Fewest Passes Attempted, Both Teams, Game

30 Seattle (20) vs. New England (10) 12/4/1988
33 Seattle (15) vs. Pittsburgh (18) 12/6/1987
38 Seattle (23) vs. New England (15) 10/9/1977

COMPLETIONS

Most Passes Completed, Season

388 2020
372 2009
371 2007

Fewest Passes Completed, Season

175 1977
176 1982(9 games)
229 1976

Most Passes Completed, Game

40 vs. Detroit 11/8/2009
36 at San Diego 12/29/2002 (OT)
33 vs. Atlanta 10/13/1985
at Indianapolis 10/4/2009
at Arizona 10/25/2020 (OT)

Fewest Passes Completed, Game

2 vs. L.A. Rams 11/4/1979
4 vs. L.A. Raiders 10/16/1983

5 vs. New England 10/9/1977
vs. Houston 11/20/1977
at Oakland 12/22/1996

Most Passes Completed, Both Teams, Game

68 Seattle (31) at Atlanta (37) 9/13/2020
67 Seattle (33) at Arizona (34) 10/25/2020 (OT)
64 Seattle (36) at San Diego (28) 12/29/2002 (OT)
Seattle (33) at Indianapolis (31)10/4/2009
Seattle (27) vs. Dallas (37) 9/27/2020

Fewest Passes Completed, Both Teams, Game

14 Seattle (5) vs. New England (9) 10/9/1977
Seattle (9) vs. New England (5) 12/4/1988
17 Seattle (10) vs. Cleveland (7) 12/18/1977

YARDS GAINED

Most Net Yards Gained, Passing, Season

4,124 2016
4,078 2002
3,964 2007

Fewest Net Yards Gained, Passing, Season

1,778 1992
1,799 1982(9 games)
2,328 1977

Most Net Yards Gained, Passing, Game

446 vs. Houston 10/29/2017
428 at San Diego 12/29/2002
427 at San Francisco 12/1/2002

Fewest Net Yards, Gained Passing, Game

-30 vs. L.A. Rams 11/4/1979
2 vs. L.A. Raiders 10/16/1983
13 at Oakland 12/22/1996

TIMES SACKED

Most Times Sacked, Season

67 1992
53 1985
51 1980, 2018

Fewest Times Sacked, Season

21 1977
23 1979
27 2005

Most Times Sacked, Game

9 vs. Kansas City 11/11/1990
8 vs. Cleveland 9/12/1982
vs. Dallas 12/4/1983
vs. Denver 11/26/1989
at Denver 12/20/1992
at Oakland 10/31/2010

COMPLETION PERCENTAGE

Highest Completion Percentage, Season

68.91 2020 (563-388)
68.10 2015 (489-333)
65.95 2019 (517-341)

Lowest Completion Percentage, Season

45.22 1977 (387-175)
47.71 1976 (480-229)
48.32 1992 (476-230)

TOUCHDOWNS

Most Touchdowns, Passing, Season

40 2020
35 2018
34 2015, 2017

Fewest Touchdowns, Passing, Season

9 1982 (9 games)
1992
13 1976, 1993, 1994

Most Touchdowns, Passing, Game

5 vs. Detroit 12/2/1984
vs. San Diego 9/15/1985
vs. L.A. Raiders 11/28/1988
vs. Oakland 10/26/1997
at Baltimore 11/23/2003 (OT)
vs. N.Y. Giants 9/24/2006
vs. Jacksonville 9/22/2013
vs. Pittsburgh 11/29/2015
at Baltimore 12/13/2015
vs. Tampa Bay 11/3/2019
vs. New England 9/20/2020
vs. Dallas 9/27/2020

Most Touchdowns, Passing, Both Teams, Game

10 Seattle (5) at San Diego (5) 9/15/1985
9 Seattle (5) at Baltimore (4) 11/23/2003 (OT)
8 Seattle (5) vs. N.Y. Giants (3) 9/24/2006
Seattle (4) vs. Houston (4) 10/29/2017
Seattle (5) vs. Dallas (3) 9/27/2020

PASSES HAD INTERCEPTED

Most Passes Had Intercepted, Season

32 1977
30 1976
26 1984, 1991

Fewest Passes Had Intercepted, Season

6 2019
7 2014, 2018
8 2015

Most Passes Had Intercepted, Game

6 vs. Detroit 10/24/76
at Kansas City 12/9/84
5 4 Times (Last: at Green Bay 11/12/2016)

OPPONENT PASSING

Most Net Yards Allowed, Passing, Season

4,560 2020
4,223 2019
4,149 2008

Fewest Net Yards Allowed, Passing, Season

1,333 1982 (9 games)
2,333 1977
2,524 1976

Most Net Yards Allowed, Passing, Game

494 at San Diego 9/15/1985
480 vs. Pittsburgh 11/29/2015
461 vs. Dallas 9/27/2020

Fewest Net Yards Allowed, Passing, Game

12 at Philadelphia 9/6/1998
15 vs. Kansas City 9/30/1979
23 at Indianapolis 9/14/1997

Most Touchdowns Allowed, Passing, Season

33 1983
31 2010
28 1980

Fewest Touchdowns Allowed, Passing, Season

4 1982
11 1992
14 2015

Most Touchdowns Allowed, Passing, Game

5 at San Diego 9/15/1985
vs. San Francisco 9/25/1988
vs. N.Y. Jets 8/31/1997
at Minnesota 11/22/2009
at Tampa Bay 12/26/2010
4 Many Times (Last: vs. Houston 10/29/2017)

PUNTING

PUNTS

Most Punts, Season

108 1992
95 1984, 2011
92 2017

Fewest Punts, Season

49 1982 (9 games)
61 1987, 2002, 2020
62 2014

Most Punts, Game

12 vs. Denver 11/28/1993
11 5 Times (Last: vs. Philadelphia 11/2/2008)

Fewest Punts, Game

1 19 Times (Last: vs. Atlanta 11/20/2017)

AVERAGE YARDAGE

Highest Average Distance, Punting, Season

49.64 2020 (61-3,028)
47.58 2018 (79-3,759)
46.64 2011 (95-4,431)

Lowest Average Distance, Punting, Season

36.42 1978 (69-2,513)
37.40 1976 (82-3,067)
37.55 1984 (95-3,567)

HAD BLOCKED

Most Punts Had Blocked, Season

3 1979
2 1976, 1977, 1980, 1997, 2003, 2004, 2013

Most Punts Had Blocked, Game

2 vs. Kansas City 9/30/1979
1 Many Times (Last: vs. Arizona 12/30/2018)

Most Consecutive Punts Without A Block

612 1980-88
413 1989-93
408 2008-13

INSIDE THE 20

Most Punts Inside Opponents' 20-Yard Line, Season

34 1999, 2011, 2019
33 1994
32 2020

Fewest Punts Inside Opponents' 20-Yard Line, Season

9 1982 (9 games)
10 1977, 1986
11 1979, 1991

Most Punts Inside Opponents' 20-Yard Line, Game

7 vs. San Francisco 12/6/2009
6 vs. Minnesota 11/10/1996
vs. Kansas City 12/26/1999
at N.Y. Giants 12/23/2001
at Chicago 10/17/2010
at Miami 11/25/2012

OPPONENTS PUNTING

Fewest Opponent Punts, Season

50 1982 (9 games)
54 1977
55 1981

Most Opponent Punts, Season

97 1985

96 1992
93 2007

Fewest Opponent Punts, Game

0 at Oakland 12/16/1979
vs. Oakland 12/5/1999
at N.Y. Jets 12/19/2004
1 Many Times (Last: at New Orleans 11/21/2010)

Most Opponent Punts, Game

11 at Denver 10/25/1985 (OT)
vs. Denver 11/30/1992 (OT)
10 7 Times (Last: vs. Chicago 9/27/2015)

AVERAGE YARDAGE

Highest Opponent Average, Punting, Season

47.22 2009 (82-3,872)
46.47 2007 (93-4,322)
46.09 2013 (82-3,779)

Lowest Opponent Average, Punting, Season

35 1976 (65-2,275)
35.96 1977 (54-1,942)
37.37 1979 (70-2,616)

Highest Opponent Average, Punting, Game (Min. 3)

59.6 at San Francisco 9/11/2011 (5-298)
58.3 at Pittsburgh 9/18/2011 (3-175)
56.8 at Tennessee 9/24/2017 (6-341)

Lowest Opponent Average, Punting, Game (Min. 3)

17.3 vs. Buffalo 10/14/1984 (4-69)
21.7 vs. Dallas 10/12/2014 (3-65)
22.8 vs. N.Y. Jets 11/26/1979(4-91)

HAD BLOCKED

Most Opponent Punts Blocked, Season

4 1984, 1986
2 1976, 1979, 1980, 1985, 2011, 2014

Most Opponent Punts Blocked, Game

2 vs. Buffalo 10/14/1984
at New England 9/21/1986
1 Many Times

Most Consecutive Opponent Punts Without A Block

574 2003-10
537 1994-01
279 1987-91

INSIDE THE 20

Most Opponent Punts Inside the Opponents' 20, Season

34 2016
31 2004
30 2010, 2012

Fewest Opponent Punts Inside Opponents' 20, Season

10 1976, 1977, 1982 (9 games)
12 2020
13 1987

Most Opponent Punts Inside Opponents' 20, Game

6 at L.A. Rams 9/18/2016
5 vs. Dallas 10/23/2005
4 Many Times (Last: vs. New Orleans 9/22/2019)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Season

58 2007
53 1985
52 2013

Fewest Punt Returns, Season

21 1982 (9 games)
22 2020
23 2019

Most Punt Returns, Game

7 vs. Tampa Bay 10/17/1976
at N.Y. Jets 11/13/1977
vs. San Francisco 12/6/2009
at St. Louis 11/20/2011
at N.Y. Giants 12/15/2013
6 Many Times (Last: at N.Y. Giants 10/9/2011)

Fewest Punt Returns, Game

0 Many Times

FAIR CATCHES

Most Fair Catches, Season

28 2014, 2016
27 1992
26 2004

Fewest Fair Catches, Season

4 1977
5 1978
6 3 Times (Last: 1983)

Most Fair Catches, Game

6 at Arizona 12/21/2014
at L.A. Rams 9/18/2016
5 7 Times (Last: at San Francisco 11/26/2017)

YARDS GAINED

Most Yards, Punt Returns, Season

658 2007
579 2013
484 1984

Fewest Yards, Punt Returns, Season

141 2019
143 2018
177 2005

Most Yards, Punt Returns, Game

139 at Arizona 1/3/2016
106 at Pittsburgh 9/26/1999
105 vs. N.Y. Giants 11/5/1995

Fewest Yards, Punt Returns, Game

-4 vs. San Francisco 12/2/2018
-3 at Washington 10/2/2005 (OT)
vs. San Diego 9/21/1997
vs. L.A. Rams 10/7/2018

AVERAGE YARDS RETURNING PUNTS

Highest Average, Punt Returns, Season

13.97 1999 (30-419)
12.80 2000 (30-384)
11.72 1986 (39-457)

Lowest Average, Punt Returns, Season

5.71 2005 (31-177)
5.72 2018 (25-143)
6.13 2019 (23-141)

TOUCHDOWNS RETURNING PUNTS

Most Touchdowns, Punt Returns, Season

2 1998
1 13 Times (Last: 2015)

Most Touchdowns, Punt Returns, Game

1 15 Times (Last: at St. Louis 9/13/2015)

OPPONENT PUNT RETURNS

Fewest Opponent Punt Returns, Season

17 2002, 2014
19 1982 (9 games)
21 2013

Most Opponent Punt Returns, Season

56 1976, 1992
52 1996

Fewest Yards Allowed, Punt Returns, Season

69 1982 (9 games)
82 2013
140 2003

Most Yards Allowed, Punt Returns, Season

640 1996
549 1995
541 2011

Fewest Yards Allowed, Punt Returns, Game

-12 at L.A. Rams 10/23/1988
-5 at Green Bay 1/1/2006
-4 vs. Denver 11/30/1992 (OT)

Most Yards Allowed, Punt Returns, Game

184 at Baltimore 12/7/1997
136 vs. Cincinnati 10/30/2011
133 at Oakland 11/15/1998

Seasons Leading League, Lowest Average Allowed, Punt Returns

1981, 1983, 1988, 2003

Lowest Average Allowed, Punt Returns, Season

3.63 1982 (19-69) (9 games)
3.90 2013 (21-82)
4.64 1981 (33-153) (Led NFL)

Highest Average Allowed, Punt Returns, Season

13.31 2015 (29-386)
12.31 1996 (52-640)
12.18 1997 (38-463)

Longest Return Allowed, Game

91 at N.Y. Jets 11/9/1987 (TD)
90 at St. Louis 10/19/2014 (TD)
89 at Baltimore 12/7/1997 (TD)
at San Francisco 12/1/2002 (TD)
at Chicago 10/17/2010 (TD)

Most Touchdowns Allowed, Punt Returns, Season

2 1990, 1997, 2011
1 16 Times (Last: 2019)

Most Touchdowns Allowed, Punt Returns, Game

2 at Baltimore 12/7/1997
1 20 Times (Last: vs. New Orleans 9/22/2019)

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Season

80 2000
79 1976
77 2008

Fewest Kickoff Returns, Season

22 2019
28 2020
29 1982 (9 games)
2012, 2018

Most Kickoff Returns, Game

9 vs. New Orleans 11/21/1976

vs. Kansas City 11/27/1983 (OT)
8 Many Times (Last: vs. N.Y. Giants 11/7/2010)

Fewest Kickoff Returns, Game

0 Many Times

YARDS GAINED

Most Yards, Kickoff Returns, Season

1,948 2008
1,932 2000
1,620 1995

Fewest Yards, Kickoff Returns, Season

432 2019
544 1982 (9 games)
629 2020

Most Yards, Kickoff Returns, Game

268 vs. Indianapolis 10/15/2000
253 vs. San Diego 9/26/2010
251 vs. New Orleans 11/21/1976

Fewest Yards, Kickoff Returns, Game

0 Many Times

AVERAGE YARDAGE

Highest Average, Kickoff Returns, Season

27.14 2012 (29-787)
25.53 2015 (34-868)
25.30 2008 (77-1,948)

Lowest Average, Kickoff Returns, Season

17.70 1992 (50-885)
18.52 1981 (69-1,278)
18.62 1993 (50-931)

TOUCHDOWNS

Most Touchdowns, Kickoff Returns, Season

3 2010
2 2007
1 9 Times (Last: 2017)

Most Touchdowns, Kickoff Returns, Game

2 vs. San Diego 9/26/2010
1 at St. Louis 11/13/1983
vs. Kansas City 10/8/1989
at San Diego 10/30/1994
vs. Washington 9/20/1998
vs. Buffalo 12/23/2000
at St. Louis 10/20/2002
vs. St. Louis 10/21/2007
at St. Louis 11/25/2007
at San Francisco 12/12/2010
at Miami 11/25/2012
vs. Chicago 9/27/2015
vs. Arizona 12/31/2017

OPPONENT KICKOFF RETURNS

Fewest Opponent Kickoff Returns, Season

24 1982 (9 games), 2019
32 2016
36 1992

Most Opponent Kickoff Returns, Season

82 2005
81 1999
79 2003

Fewest Opponent Kickoff Returns, Game

0 Many Times (Last: at Oakland 10/14/2018)

Most Opponent Kickoff Returns, Game

10 vs. Kansas City 9/20/1987
vs. Oakland 10/26/1997
9 5 Times (Last: vs. Arizona 12/9/2012)

YARDS GAINED

Fewest Yards Allowed, Kickoff Returns, Season

361 1982 (9 games)
532 2019
654 2016

Most Yards Allowed, Kickoff Returns, Season

1,802 2005
1,790 2007
1,779 1997

Fewest Yards Allowed, Kickoff Returns, Game

0 Many Times

Most Yards Allowed, Kickoff Returns, Game

237 at Atlanta 12/30/2007
230 vs. Kansas City 9/20/1987
223 vs. Oakland 10/26/1997

Longest Return Allowed, Game

102 at San Francisco 9/11/2011 (TD)
101 at Minnesota 12/6/2015 (TD)
99 vs. Kansas City 9/3/1995 (TD)
at St. Louis 10/9/2005 (TD)

AVERAGE YARDAGE

Seasons Leading League, Lowest Average Allowed, Kickoff Returns

1982, 1983

Lowest Average Allowed, Kickoff Returns, Season

15.04 1982 (24-361) (Led NFL) (9 games)
16.14 1983 (59-952) (Led NFL)
16.66 1984 (67-1,116)

Highest Average Allowed, Kickoff Returns, Season

26.02 2011 (48-1,249)
25.64 2008 (47-1,205)
25.55 2015 (42-1,073)

TOUCHDOWNS

Most TDs Allowed, Kickoff Returns, Season

2 1995, 2002
1 1978, 1987, 1993, 1997, 2001, 2005, 2011, 2015, 2018

Most TDs Allowed, Kickoff Returns, Game

1 13 Times (Last: at San Francisco 12/16/2018)

FUMBLES

FUMBLES

Most Fumbles, Season

43 1989
41 1981
38 1980

Fewest Fumbles, Season

14 2020
16 2012
18 2005, 2010, 2015, 2017, 2018

Most Fumbles, Game

8 at Kansas City 11/5/1989
at Arizona 10/29/1995 (OT)
7 at Denver 11/20/1983

FUMBLES LOST

Most Fumbles Lost, Season

23 1981
20 1983
19 1978, 1994

Fewest Fumbles Lost, Season

4 2018
5 2017, 2020
6 2016

Most Fumbles Lost, Game

5 at Green Bay 10/15/1978
at Denver 12/13/1981
4 6 Times (Last: vs. Oakland 11/1/1998)

FUMBLES RECOVERED

Most Fumbles Recovered, Season, Own and Opponents

44 1983 (16 own, 28 opp)
41 1981 (14 own, 27 opp)
37 1987, 1989

Fewest Fumbles Recovered, Season, Own & Opponents

14 2015
15 2008
16 2010

Most Fumbles Recovered, Game, Own & Opponents

8 vs. Cleveland 12/20/1981 (1 own, 7 opp)
7 vs. Chicago 12/20/1987 (4 own, 3 opp)
vs. San Diego 11/25/1990 (4 own, 3 opp)

Most Own Fumbles Recovered, Season

24 1989
22 1980
19 2009

Fewest Own Fumbles Recovered, Season

4 2008
6 2010, 2015
7 2012

Most Opponents Fumbles Recovered, Season

28 1983
27 1981
25 1984

Fewest Opponents Fumbles Recovered, Season

6 1999
8 1982, 2015, 2016, 2020
9 1995, 2011, 2017

Most Opponents Fumbles Recovered, Game

7 vs. Cleveland 12/20/1981
6 at Oakland 12/22/1996
5 vs. L.A. Raiders 10/16/1983
vs. Cleveland 11/14/1993
vs. Kansas City 10/4/1998

TOUCHDOWNS

Most TDs, Opponent Fumbles Recovered, Season

3 1997, 2015
2 7 Times (Last: 2003)

Most TDs, Fumbles Recovered, Game, Own and Opponents

2 at San Francisco 11/11/2019 (1 each)
vs. Denver 11/26/2000 (2-opp)
1 Many Times

OPPONENT FUMBLES

Fewest Opponent Fumbles, Season

17 1995, 1999
18 1982 (9 games)
2011, 2020
19 2016

Most Opponent Fumbles, Season

47 1984
44 1983
43 1981

Most Opponent Fumbles, Game

9 vs. Cleveland 12/20/1981
at Oakland 12/22/1996
7 4 Times (Last: vs. Miami 10/6/1996)

TURNOVERS

TURNOVERS (NUMBER OF TIMES LOSING BALL ON INTS AND FUMS)

Most Turnovers, Season

48 1976 (30 ints, 18 fums)
46 1977 (32 ints, 14 fums)
43 1991 (26 ints, 17 fums)

Fewest Turnovers, Season

11 2018 (7 ints, 4 fums)
14 2014 (7 ints, 7 fums)
16 2015 (8 ints, 8 fums)

Most Turnovers, Game

8 vs. Detroit 10/24/1976 (6 ints, 2 fums)
at Denver 11/20/1983 (4 ints, 4 fums)
7 4 Times (Last: at Arizona 10/29/1995 [OT],[4 ints, 3 fums])

Most Turnovers, Both Teams, Game

14 Seattle (4) vs. Cleveland (10) 12/20/1981
11 Seattle (7) at Kansas City (4) 9/29/1985
Seattle (7) at Arizona (4) 10/29/1995 (OT)
Seattle (3) vs. San Diego (8) 12/13/1998

Fewest Turnovers, Both Teams, Game

0 Many Times

TAKEAWAYS (NO. OF TIMES TAKING BALL FROM OPPT. ON INTS AND FUMBL

Seasons Leading League in Most Takeaways

1984, 2013

Fewest Opponent Turnovers, Season

19 2016 (11 ints, 8 fums)
20 2008 (9 ints, 11 fums)
21 1982 (13 ints, 8 fums) (9 games)

Most Opponent Turnovers, Season

63 1984 (38 ints, 25 fums) (2nd in NFL history)
54 1983 (26 ints, 28 fums)
48 1981 (21 ints, 27 fums)

Most Opponent Turnovers, Game

10 vs. Cleveland 12/20/1981 (3 ints, 7 fums)
8 4 Times (Last: vs. Arizona 12/9/2012 [7 int, 1 fum])

PENALTIES

PENALTIES

Fewest Penalties, Season

59 1982 (9 games)
2007
66 2001
76 1977

Most Penalties, Season

148 2017
138 2011
130 2014

Fewest Penalties, Game

0 at Pittsburgh 12/6/1987
vs. Dallas 12/16/2001
vs. Baltimore 12/23/2007
at Miami 10/4/2020
1 13 Times (Last: vs. Minnesota 12/2/2019)

Most Penalties, Game

17 at Green Bay 10/21/1984
16 vs. Washington 11/5/2017
15 at Tampa Bay 10/17/1976
at San Diego 10/9/1983
at N.Y. Giants 10/22/2017

Fewest Penalties, Both Teams, Game

2 Seattle (1) at Oakland (1) 12/5/1999
Seattle (2) at Philadelphia (0) 12/2/2007
4 Seattle (2) at N.Y. Jets (2) 12/19/2004
Seattle (1) vs. Tampa Bay (3) 12/26/2010
Seattle (1) vs. Arizona (3) 12/30/2018
Seattle (1) vs. Minnesota (3) 12/2/2019

Most Penalties, Both Teams, Game

35 Seattle (15) vs. Tampa Bay (20) 10/17/1976
30 Seattle (13) at Kansas City (17) 11/8/1998
28 Seattle (17) at Green Bay (11) 10/21/1984

YARDS PENALIZED

Fewest Yards Penalized, Season

428 2007
523 1982 (9 games)
579 2001

Most Yards Penalized, Season

1,342 2017
1,183 2013
1,179 1984

Fewest Yards Penalized, Game

0 at Pittsburgh 12/6/1987
vs. Dallas 12/16/2001
vs. Baltimore 12/23/2007
at Miami 10/4/2020
5 at Pittsburgh 9/27/1998
at Cleveland 9/9/2001
vs. Atlanta 1/2/2005

Most Yards Penalized, Game

148 at San Francisco 12/16/2018 (OT)
145 vs. Denver 12/8/1979
142 at Dallas 12/24/2017

Fewest Yards Penalized, Both Teams, Game

19 Seattle (14) at Oakland (5) 12/5/1999
25 Seattle (25) at Philadelphia (0) 12/2/2007
26 Seattle (10) vs. St. Louis (16) 9/10/2000

Most Yards Penalized, Both Teams, Game

310 Seattle (120) vs. Tampa Bay (190) 10/17/1976
273 Seattle (145) at Denver (128) 12/8/1979
249 Seattle (113) at Arizona (136) 11/15/2009

TIME OF POSSESSION

TIME OF POSSESSION

Highest Average Time of Possession, Season

32:11 2014
31:40 2015
31:36 2012

Lowest Average Time of Possession, Season

26:30 2008
26:59 1981
27:05 1998

Highest Time of Possession, Game

41:56 at Philadelphia 12/7/2014
41:35 vs. San Diego 11/22/1987
40:21 vs. Denver 10/22/1989 (OT)

Lowest Time of Possession, Game

14:28 vs. L.A. Rams 11/4/1979
17:04 at Cleveland 10/23/2011
17:10 vs. San Francisco 9/25/1988
vs. Arizona 10/18/2009

TIME OF POSSESSION ALLOWED

Lowest Average Time of Possession Allowed, Season

27:49 2014
28:20 2015
28:24 2012

Highest Average Time of Possession Allowed, Season

33:30 2008
33:01 1981
32:55 1998

Lowest Time of Possession Allowed, Game

18:04 at Philadelphia 12/7/2014
18:25 vs. San Diego 11/22/1987
20:05 at Pittsburgh 10/20/1991

Highest Time of Possession Allowed, Game

46:47 vs. Philadelphia 12/13/1992 (OT)
46:21 at Arizona 10/23/2016 (OT)
45:32 vs. L.A. Rams 11/4/1979

INTERCEPTIONS

INTERCEPTIONS

Seasons Leading League

1984 (38), 1999 (30), 2013 (28)

Most Passes Intercepted By, Season

38 1984
30 1999
28 2013

Fewest Passes Intercepted By, Season

9 1989, 2008
11 2016
12 1990, 2006, 2010, 2018

Most Passes Intercepted By, Game

7 vs. San Diego 12/13/1998
6 vs. Kansas City 11/4/1984
5 at Houston 10/5/1980
at Pittsburgh 12/6/1992
at Pittsburgh 9/26/1999
vs. Arizona 12/9/2007
vs. Detroit 11/8/2009
at N.Y. Giants 12/15/2013

Most Consecutive Games, One or More Interceptions By

17 1983-84
12 2002-03
11 1993

YARDS RETURNED

Most Yards, Returning Interceptions, Season

697 1984 (4th in NFL history)
462 2011
455 1998

Fewest Yards Returning Interceptions, Season

57 1989
72 2016
95 1980

Most Yards Returning Interceptions, Game

325 vs. Kansas City 11/4/1984 (NFL record)
148 at Philadelphia 12/5/2005
146 vs. Philadelphia 12/1/2011

TOUCHDOWNS

Most TDs Returning Interceptions, Season

8 1998 (2nd in NFL history)
7 1984 (3rd in NFL history)
4 2011

Most Touchdowns Returning Interceptions, Game

4 vs. Kansas City 11/4/1984 (NFL record)
2 vs. Chicago 9/23/1984
vs. Arizona 9/13/1998
at Philadelphia 12/5/2005

at Chicago 12/18/2011

Most TDs Returning Interceptions, Both Teams, Game

4 Seattle (4) vs. Kansas City (0) 11/4/1984 (NFL record)
2 9 Times (Last: Seattle [2] at Chicago [0] 12/18/2011)

SACKS

SACKS

Most Sacks, Season

61 1985
55 1984
53 1998

Fewest Sacks, Season

17 1982 (9 games)
18 1977
25 1978

Most Sacks, Game

11 vs. L.A. Raiders 12/8/1986
10 vs. Philadelphia 12/13/1992 (OT)
9 4 Times (Last: vs. Oakland 11/6/2006)

Most Opponent's Yards Lost Attempting to Pass, Season

464 1985
398 1984
351 1983

Fewest Opponent's Yards Lost Attempting to Pass, Season

131 1977
135 1982 (9 games)
152 2000

Most Opponent's Yards Lost Attempting to Pass, Game

89 vs. Philadelphia 12/13/1992 (OT)
68 vs. L.A. Raiders 12/8/1986
65 vs. L.A. Raiders 10/16/1983

INDIVIDUAL RECORDS - POSTSEASON

SERVICE

SERVICE

Most Games, Career

16 Bobby Wagner, 2012-16, 2018-20
Russell Wilson, 2012-16, 2018-20
15 K.J. Wright, 2012-16, 2018-20
14 Kam Chancellor, 2010, 2012-16
Jon Ryan, 2010, 2012-16

Most Starts, Career

16 Bobby Wagner, 2012-16, 2018-20
Russell Wilson, 2012-16, 2018-20
14 K.J. Wright, 2012-16, 2018-20
12 Russell Okung, 2010, 2012-15
Richard Sherman, 2012-16
Earl Thomas, 2010, 2012-15

SCORING

POINTS

Most Points, Career

84 Steven Hauschka, 2012-16 (19 FG, 27 PAT) 11 games
72 Marshawn Lynch, 2010, 2012-15, 2019 (12 TD) 13 games
69 Josh Brown, 2003-07 (16 FG, 21 PAT) 9 games

Most Points, Game

18 Shaun Alexander, at Green Bay 1/4/2004 (3-R) (OT)
12 10 Times (Last: Marshawn Lynch, at Green Bay 1/12/2020 [2-R])

TOUCHDOWNS

Most Touchdowns, Career

12 Marshawn Lynch, 2010, 2012-14, 2019 (12-R)
8 Shaun Alexander, 2003-07 (8-R)
6 Jermaine Kearse, 2012-16 (6-P)
Doug Baldwin, 2012-16 (6-P)

Most Touchdowns, Game

3 Shaun Alexander, at Green Bay 1/4/2004 (3-R) (OT)
2 11 Times (Last: DK Metcalf, vs. L.A. Rams 1/9/2021 [2-P])

Most Consecutive Games Scoring Touchdown

5 Marshawn Lynch, 2012-2013
4 Jermaine Kearse, 2013-14
3 Darrell Jackson, 2004-05
Jerramy Stevens, 2005-06

POINTS AFTER TOUCHDOWN

Most Points After Touchdown, Career

27 Steven Hauschka, 2012-16 (28 att) 11 games
21 Josh Brown, 2003-07 (21 att) 9 games
14 Norm Johnson, 1983-84, 1987-88 (15 att) 7 games

Most Points After Touchdown, Game

5 Olindo Mare, vs. New Orleans 1/8/2011 (5 att)
Steven Hauschka, vs. Denver 2/2/2014 (5 att)
4 Norm Johnson, vs. Denver 12/24/1983 (4 att)
Josh Brown, vs. Carolina 1/22/2006 (4 att)
Ryan Longwell, at Atlanta 1/13/2013 (4 att)
Steven Hauschka, vs. Carolina 1/10/2015 (4 att)

FIELD GOALS

Most Field Goals Attempted, Career

20 Steven Hauschka, 2012-16 (11 games)
19 Josh Brown, 2003-07 (9 games)

Most Field Goals Attempted, Game

3 7 Times (Last: Sebastian Janikowski, at Dallas 1/5/2019)
2 17 Times (Last: Jason Myers, vs. L.A. Rams 1/9/2021)

Most Field Goals Made, Career

19 Steven Hauschka, 2012-16 (20 att) 11 games
16 Josh Brown, 2003-07 (19 att) 9 games
8 Norm Johnson, 1983-84, 1987-88 (10 att) 7 games

Most Field Goals Made, Game

3 Steven Hauschka, at Washington 1/6/2013 (3 att)
Steven Hauschka, vs. New Orleans 1/11/2014 (3 att)
Steven Hauschka, vs. San Francisco 1/19/2014 (3 att)

Longest Field Goal Attempted

57 Sebastian Janikowski at Dallas 1/5/2019 (wr)
55 Steven Hauschka, at Carolina 1/17/2016 (sh)
54 Josh Brown, vs. Pittsburgh 2/5/2006 (wr)

Longest Field Goal Made

52 Jason Myers,vs. L.A. Rams 1/9/2021
50 Todd Peterson, vs. Miami 1/9/2000
Josh Brown, vs. Washington 1/5/2008
Jason Myers,vs. L.A. Rams 1/9/2021
49 Steven Hauschka, vs. New Orleans 1/11/2014
Jason Myers, at Philadelphia 1/5/2020

Most Consecutive Field Goals Made

14 Steven Hauschka, 2012-15
8 Josh Brown, 2003-2005
7 Josh Brown, 2006

Highest Field Goal %, Career (Min. 5 att.)

95.0 Steven Hauschka, 2012-16 (19-20) 11 games
84.2 Josh Brown, 2003-06 (16-19) 9 games
80.0 Norm Johnson, 1983-84, 1987-88 (8-10) 7 games

SAFETIES

Most Safeties, Career

1 Cliff Avril, 2013-16 (9 games)

Most Safeties, Game

1 Cliff Avril, vs. Denver 2/2/2014 (tackle in endzone)

RUSHING

ATTEMPTS

Most Attempts, Career

211 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
169 Shaun Alexander, 2003-07 (9 games)
83 Russell Wilson, 2012-16, 2018-20 (16 games)

Most Attempts, Game

34 Shaun Alexander, vs. Carolina 1/22/2006
29 Curt Warner, at Miami 12/31/1983
Dan Doornink, vs. L.A. Raiders 12/22/1984

YARDS GAINED

Most Yards Gained, Career

970 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
564 Shaun Alexander, 2003-07 (9 games)
527 Russell Wilson, 2012-16, 2018-20 (16 games)

Most Yards Gained, Game

161 Thomas Rawls, vs. Detroit 1/7/2017
157 Marshawn Lynch, vs. Green Bay 1/18/2015
140 Marshawn Lynch, vs. New Orleans 1/11/2014

Most Games, 100 or More Yards Rushing, Career

6 Marshawn Lynch, 2010, 2012-15
2 Shaun Alexander, 2003-07
1 Dan Doornink, 1983-84
Thomas Rawls, 2016
Curt Warner, 1983

Most Consecutive Games, 100+ Yards Rushing

2 Marshawn Lynch, 2013
Marshawn Lynch, 2014
1 Curt Warner, 1983
Dan Doornink, 1984
Shaun Alexander, 2005, 2006
Marshawn Lynch, 2010, 2012
Thomas Rawls, 2016

Longest Run From Scrimmage

67t Marshawn Lynch, vs. New Orleans 1/8/2011
40t Marshawn Lynch, vs. San Francisco 1/19/2014
32 Thomas Rawls, vs. Detroit 1/7/2017
Mack Strong, vs. Washington 1/14/2006

AVERAGE GAIN

Highest Average Gain, Career (Min. 30 att.)

6.3 Russell Wilson, 2012-16, 2018-19 (83-527) 16 games
5.1 Thomas Rawls, 2016 (38-195) 2 games
4.6 Marshawn Lynch, 2010, 2012-15, 2019 (211-970) 13 games

Highest Average Gain, Game (Min. 15 att.)

6.9 Marshawn Lynch, vs. New Orleans 1/8/2011 (19-131)
6.6 Marshawn Lynch, at Washington 1/6/2013 (20-132)
6.3 Marshawn Lynch, vs. Green Bay 1/18/2015 (25-157)

TOUCHDOWN

Most Touchdowns, Career

12 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
8 Shaun Alexander, 2003-07 (9 games)
3 Russell Wilson, 2012-16, 2018-19 (14 games)

Most Touchdowns, Game

3 Shaun Alexander, at Green Bay 1/4/2004 (OT)
2 Curt Warner, at Miami 12/31/1983
Shaun Alexander, vs. Carolina 1/22/2006
Shaun Alexander, at Chicago 1/14/2007 (OT)
Marshawn Lynch, vs. New Orleans 1/11/2014
Marshawn Lynch, at Green Bay 1/20/2020

Most Consecutive Games with Rushing TD

5 Marshawn Lynch, 2012-13
2 Marshawn Lynch, 2014, 2019

PASSING

PASSER RATING

Highest Pass Rating, Career (Min. 50 att.)

95.3 Russell Wilson, 2012-16, 2018-20 (16 games)
84.4 Matt Hasselbeck, 2003-07, 2010 (11 games)
75.9 Dave Krieg, 1983-84, 1987-88 (7 games)

ATTEMPTS

Most Passes Attempted, Career

451 Russell Wilson, 2012-16, 2018-20 (16 games)
406 Matt Hasselbeck, 2003-07, 2010 (11 games)
183 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Attempted, Game

50 Dave Krieg, at Cincinnati 12/31/1988
49 Matt Hasselbeck, vs. Pittsburgh 2/5/2006
48 Russell Wilson, at Carolina 1/17/2016

COMPLETIONS

Most Passes Completed, Career

275 Russell Wilson, 2012-16, 2018-20 (16 games)
237 Matt Hasselbeck, 2003-07, 2010 (11 games)
94 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Completed, Game

31 Russell Wilson, at Carolina 1/17/2016
27 Matt Hasselbeck, vs. St. Louis 1/8/2005
26 Matt Hasselbeck, vs. Pittsburgh 2/5/2006
Matt Hasselbeck, at Chicago 1/16/2011

COMPLETION PERCENTAGE

Highest Completion %, Career (Min. 100 att.)

61.0 Russell Wilson, 2012-16, 2018-20 (451-275) 16 games
58.4 Matt Hasselbeck, 2003-07, 2010 (406-237) 11 games

51.4 Dave Krieg, 1983-84, 1987-88 (183-94) 7 games

Highest Completion %, Game (Min. 15 comp.)

76.7 Russell Wilson, vs. Detroit 1/7/2017 (30-23)
72.0 Russell Wilson, vs. Denver 2/2/2014(25-18)
71.4 Matt Hasselbeck, vs. Carolina 1/22/2006 (28-20)

YARDS GAINED

Most Yards Gained, Career

3,786 Russell Wilson, 2012-16, 2018-20 (16 games)
2,741 Matt Hasselbeck, 2003-07, 2010 (11 games)
1,242 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Yards Gained, Game

385 Russell Wilson, at Atlanta 1/13/2013
366 Russell Wilson, at Carolina 1/17/2016
341 Matt Hasselbeck, vs. St. Louis 1/8/2005

Most Games, 300 or More Yards Passing, Career

3 Russell Wilson
2 Matt Hasselbeck

Most Consec. Games, 300+ Yds. Passing, Career

2 Matt Hasselbeck, 2003-04

Longest Pass Completion

63t Russell Wilson (to Jermaine Kearse), vs. Carolina 1/10/2015
56t Dave Krieg (to Steve Largent) at Miami 12/29/1984
53 Russell Wilson (to Tyler Lockett) at Dallas 1/5/2019
53t Russell Wilson (to DK Metcalf) at Philadelphia 1/5/2020

AVERAGE GAIN

Highest Average Gain, Career (Min. 50 att.)

8.4 Russell Wilson, 2012-16, 2018-20 (451-3,786) 16 games
6.8 Dave Krieg 1983-84, 1987-88 (183-1,242) 7 games
Matt Hasselbeck, 2003-07, 2010 (406-2,741) 11 games

Highest Average Gain, Game (Min. 20 att.)

12.2 Russell Wilson, vs. Carolina 1/10/2015 (22-268)
11.8 Russell Wilson, vs. New England 2/1/2015 (21-247)
10.8 Russell Wilson, at Philadelphia 1/5/2020 (30-325)

TOUCHDOWNS

Most Touchdown Passes, Career

25 Russell Wilson, 2012-16, 2018-20 (16 games)
18 Matt Hasselbeck, 2003-07, 2010 (11 games)
9 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Touchdown Passes, Game

4 Matt Hasselbeck, vs. New Orleans 1/8/2011
3 Dave Krieg, vs. Denver 12/24/1983
Matt Hasselbeck, at Chicago 1/16/2011
Russell Wilson, vs. Carolina 1/10/2015
Russell Wilson, at Carolina 1/17/2016

Most Consecutive Games, Touchdown Pass

13 Russell Wilson, 2013-16, 2018-20
10 Matt Hasselbeck, 2004-2010
4 Dave Krieg, 1984, 1987-88

HAD INTERCEPTED

Most Passes Had Intercepted, Career

12 Russell Wilson, 2012-16, 2018-20 (16 games)
9 Matt Hasselbeck, 2003-07, 2010 (11 games)
6 Dave Krieg, 1983-84, 1987-88 (7 games)

Most Passes Had Intercepted, Game

4 Russell Wilson, vs. Green Bay 1/18/2015
3 Dave Krieg, at L.A. Raiders 1/8/1984
2 7 Times (Last: Russell Wilson, at Atlanta 1/14/2017)

Most Attempts Without Interception, Game

46 Matt Hasselbeck, at Chicago 1/16/2011
38 Dave Krieg, at Houston 1/3/1988 (OT)
35 Dave Krieg at Miami 12/29/1984

Most Consecutive Passes Without Interception

131 Matt Hasselbeck, 2004-05
98 Russell Wilson, 2015-16
91 Russell Wilson, 2013-14

Lowest %, Passes Had Int., Career (Min. 50 att.)

2.22 Matt Hasselbeck, 2003-07, 2010 (9-406) 11 games
2.66 Russell Wilson, 2012-16, 2018-20 (12-451) 16 games
3.28 Dave Krieg, 1987-88 (6-183) 7 games

RECEIVING

RECEPTIONS

Most Receptions, Career

58 Doug Baldwin, 2012-16, 2018 (13 games)
41 Darrell Jackson, 2003-06 (7 games)
35 Bobby Engram, 2003-07 (9 games)

Most Receptions, Game

12 Darrell Jackson, vs. St. Louis 1/8/2005
11 John L. Williams, at Cincinnati 12/31/1988
Jermaine Kearse, at Carolina 1/17/2016
Doug Baldwin, vs. Detroit 1/7/2017

Most Consecutive Games, Pass Reception

13 Doug Baldwin, 2012-16, 2018
10 Jermaine Kearse, 2013-16
9 Bobby Engram, 2003-07

YARDS GAINED

Most Yards Gained, Career

734 Doug Baldwin, 2012-16, 2018 (13 games)
503 Darrell Jackson, 2003-06 (7 games)
493 Jermaine Kearse, 2012-16 (12 games)

Most Yards Gained, Game

160 DK Metcalf, at Philadelphia 1/5/2020
143 Darrell Jackson, vs. Washington 1/14/2006
142 Zach Miller, at Atlanta 1/13/2013

Most Games, 100+ Yards Receiving, Career

3 Doug Baldwin, 2012-16, 2018 (13 games)
2 Steve Largent, 1983-84, 1987-88 (7 games)
Darrell Jackson, 2003-06 (7 games)
Jermaine Kearse, 2012-16 (12 games)
Tyler Lockett, 2015, 2018-20 (6 games)

Most Consec. Games, 100+ Yards Rec., Career

2 Steve Largent, 1984, 1987
Darrell Jackson, 2004-05
1 John L. Williams, 1988
D.J. Hackett, 2007
Zach Miller, 2012
Golden Tate, 2012
Doug Baldwin, 2013, 2014, 2016
Jermaine Kearse, 2014, 2015
Chris Matthews, 2014
Tyler Lockett, 2018, 2019
DK Metcalf, 2019

Longest Reception

63t Jermaine Kearse (from Russell Wilson), vs. Carolina 1/10/2015
56t Steve Largent (from Dave Krieg), at Miami 12/29/1984
53 Tyler Lockett (from Russell Wilson), at Dallas 1/5/2019
53t DK Metcalf (from Russell Wilson), at Philadelphia 1/5/2020

AVERAGE GAIN

Highest Average Gain, Career (Min. 20 rec.)

20.5 Tyler Lockett, 2015, 2018-19 (23-471) 6 games
18.9 Steve Largent, 1983-84, 1987-88 (23-434) 7 games
15.9 Jermaine Kearse, 2012-16 (31-493) 12 games

Highest Average Gain, Game (Min. 3 rec.)

43.00 Jermaine Kearse, vs. Carolina 1/10/2015 (3-129)
30.00 Tyler Lockett, at Dallas 1/5/2019 (4-120)
27.25 Chris Matthews, vs. New England 2/1/2015 (4-109)

TOUCHDOWNS

Most Touchdowns, Career

6 Jermaine Kearse, 2012-16 (12 games)
Doug Baldwin, 2012-16, 2018 (13 games)
4 Steve Largent, 1983-84, 1987-88 (7 games)
Jerramy Stevens, 2003-06 (6 games)

Most Touchdowns, Game

2 Steve Largent, at Houston 1/3/1988 (OT)
Jerramy Stevens, vs. Dallas 1/6/2007
John Carlson, vs. New Orleans 1/8/2011
Mike Williams, at Chicago 1/16/2011
Jermaine Kearse, at Carolina 1/17/2016
DK Metcalf, vs. L.A. Rams 1/9/2021

Most Consecutive Games, TD Pass Caught

4 Jermaine Kearse, 2013-14
3 Darrell Jackson, 2004-05
Jerramy Stevens, 2005-06

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions, Career

4 John Harris, 1983-84 (5 games)
3 Kam Chancellor, 2010, 2012-16 (14 games)
2 Greggory Johnson, 1983 (3 games)
Kerry Justin, 1983 (3 games)
Michael Boulware, 2004-06 (6 games)
Earl Thomas, 2010, 2012-15 (12 games)
Malcolm Smith, 2012-14 (8 games)
Richard Sherman, 2012-16 (12 games)
Bobby Wagner, 2012-16, 2018-20 (16 games)

Most Interceptions, Game

2 John Harris, at Miami 12/29/1984
1 33 Times (Last: K.J. Wright, at Dallas 1/5/2019)

YARDS GAINED

Most Yards Gained, Career

92 Kam Chancellor, 2010, 2012-16 (14 games)
78 Marcus Trufant, 2003-05, 2007, 2010 (9 games)
76 Kelly Herndon, 2005 (3 games)

Most Yards Gained, Game

90 Kam Chancellor, vs. Carolina 1/10/2015
78 Marcus Trufant, vs. Washington 1/5/2008
76 Kelly Herndon, vs. Pittsburgh 2/5/2006

Longest Return

90t Kam Chancellor, vs. Carolina 1/10/2015
78t Marcus Trufant, vs. Washington 1/5/2008
76 Kelly Herndon, vs. Pittsburgh 2/5/2006

TOUCHDOWNS

Most Touchdowns, Career

1 Marcus Trufant, 2003-05, 2006, 2010 (9 games)
Jordan Babineaux, 2004-07, 2010 (10 games)
Malcolm Smith, 2012-14 (8 games)
Kam Chancellor, 2010, 2012-16 (14 games)

Most Touchdowns, Game

1 Marcus Trufant, vs. Washington 1/5/2008
Jordan Babineaux, vs. Washington 1/5/2008
Malcolm Smith, vs. Denver 2/2/2014
Kam Chancellor, vs. Carolina 1/10/2015

PUNTING

PUNTS

Most Punts, Career

56 Jon Ryan, 2010, 2012-16 (14 games)
27 Jeff West, 1983-84 (5 games)
22 Ryan Plackemeier, 2006-07 (4 games)
Michael Dickson, 2018-20 (4 games)

Most Punts, Game

9 Jon Ryan, at Chicago 1/16/2011
8 Jeff West, vs. L.A. Raiders 12/22/1984
Michael Dickson, vs. L.A. Rams 1/9/2021
7 5 Times (Last: Michael Dickson, at Dallas 1/5/2019)

Longest Punt

71 Michael Dickson, vs. L.A. Rams 1/9/2021
64 Michael Dickson, Green Bay 1/12/20
61 Jon Ryan, vs. New England 2/1/2015

AVERAGE YARDAGE

Highest Average, Career (Min. 20 punts)

51.4 Mochael Dickson, 2018-20 (22-1,131) 4 games
43.2 Tom Rouen 2003, 2005 (21-907) 4 games
39.2 Jon Ryan, 2010, 2012-16 (56-2,193) 14 games

Highest Average, Game (Min. 4 punts)

55.8 Michael Dickson, vs. L.A. Rams 1/9/2021 (8-446)
51.4 Michael Dickson, at Dallas 1/5/2019 (7-360)
50.2 Tom Rouen, vs. Pittsburgh 2/5/2006 (6-301)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Career

12 Nate Burleson, 2006-07 (4 games)
7 Bobby Joe Edmonds, 1987-88 (2 games)
Tyler Lockett, 2015, 2018-20 (6 games)

Most Punt Returns, Game

6 Nate Burleson, vs. Washington 1/5/2008
5 Kenny Easley, vs. L.A. Raiders 12/22/1984
Bobby Joe Edmonds, at Cincinnati 12/31/1988

YARDS GAINED

Most Yards Gained, Career

99 Nate Burleson, 2006-07 (4 games)
96 Bobby Joe Edmonds, 1987-88 (2 games)
58 Paul Johns, 1983 (3 games)

Most Yards Gained, Game

84 Nate Burleson, vs. Washington 1/5/2008
66 Bobby Joe Edmonds, at Houston 1/3/1988 (OT)
58 Paul Johns, vs. Denver 12/24/1983

Longest Return

54 Bobby Joe Edmonds, at Houston 1/3/1988 (OT)
20 Nate Burleson, vs. Washington 1/5/2008
19 Paul Johns, vs. Denver 12/24/1983

AVERAGE YARDAGE

Highest Average, Career (Min. 4 ret.)

14.5 Paul Johns, 1983 (4-58) 3 games
13.7 Bobby Joe Edmonds, 1987-88 (7-96) 2 games
11.0 Leon Washington, 2010, 2012 (11-55) 4 games

Highest Avg. Gain, Game (Min. 3 ret.)

14.5 Paul Johns, vs. Denver 12/24/1983 (4-58)
14.0 Nate Burleson, vs. Washington 1/5/2008 (6-84)
10.4 Kenny Easley, vs. L.A. Raiders 12/22/1984 (5-52)

TOUCHDOWNS

Most Touchdowns, Career

None

Most Touchdowns, Game

None

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Career

19 Nate Burleson, 2006-07 (4 games)
12 Leon Washington, 2010, 2012 (4 games)
11 Maurice Morris, 2003-07 (7 games)

Most Kickoff Returns, Game

6 Maurice Morris, vs. St. Louis 1/8/2005
Nate Burleson, at Chicago 1/14/2007 (OT)
Nate Burleson, at Green Bay 1/12/2008

YARDS GAINED

Most Yards Gained, Career

402 Nate Burleson, 2006-07 (4 games)
305 Leon Washington, 2010, 2012 (4 games)
216 Tyler Lockett, 2015, 2018-19 (5 games)

Most Yards Gained, Game

194 Devin Hester, at Atlanta 1/14/2017
166 Nate Burleson, at Chicago 1/14/2007 (OT)
159 Charlie Rogers, vs. Miami 1/9/2000

Longest Return

87t Percy Harvin, vs. Denver 2/2/2014
85t Charlie Rogers, vs. Miami 1/9/2000
78 Devin Hester, at Atlanta 1/14/2017

AVERAGE YARDAGE

Highest Average, Career (Min. 5 ret.)

35.7 Devin Hester, 2016 (6-214) 2 games
27.0 Tyler Lockett, 2015, 2018-19 (8-216) 6 games
26.9 Doug Baldwin, 2012-16, 2018 (7-188) 13 games

Highest Average, Game (Min. 3 ret.)

39.87 Charlie Rogers, vs. Miami 1/9/2000 (4-159)
38.8 Devin Hester, at Atlanta 1/14/2017 (5-194)
36.3 Doug Baldwin, vs. San Francisco 1/19/2014 (3-109)

TOUCHDOWNS

Most Touchdowns, Career

1 Charlie Rogers, 1999 (1 game)
Percy Harvin, 2013 (2 games)

Most Touchdowns, Game

1 Charlie Rogers, vs. Miami 1/9/2000
Percy Harvin, vs. Denver 2/2/2014

FUMBLES

FUMBLES

Most Fumbles, Career

7 Russell Wilson, 2012-16, 2018-20 (16 games)
4 Matt Hasselbeck, 2003-07, 2010 (11 games)
3 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)

Most Fumbles, Game

2 Koren Robinson, vs. St. Louis 1/8/2005
Jimmy Williams, vs. Washington 1/14/2006
Russell Wilson, vs. San Francisco 1/19/2014

RECOVERIES

Most Own Fumbles Recovered, Career

5 Russell Wilson, 2012-16, 2018-20 (16 games)
2 Marshawn Lynch, 2010, 2012-15, 2019 (13 games)
1 Many Times

Most Opponents Fumbles Recovered, Career

2 Jeff Bryant, 1983-84, 1987-88 (7 games)
Michael Bennett, 2013-16 (10 games)
Clinton McDonald, 2012-13 (5 games)

Most Fumbles Recovered, Game, Own and Opp.

2 Jeff Bryant, at L.A. Raiders 1/8/1984 (2-Opp)
Russell Wilson, vs. Carolina 1/10/2015 (2-Own)
1 Many Times

YARDS GAINED

Longest Return

19 Marshawn Lynch, at Washington 1/6/2013
17 Michael Bennett, vs. San Francisco 1/19/2014
12 Lofa Tatupu, at Green Bay 1/12/2008

TOUCHDOWNS

Most Touchdowns

None

TACKLES

TACKLES

Most Tackles, Career

153 Bobby Wagner, 2012-16, 2018-20 (16 games)
109 K.J. Wright, 2012-16, 2018-20 (15 games)
91 Kam Chancellor, 2010, 2012-16 (14 games)

Most Tackles, Game

17 Brian Bosworth, at Houston 1/3/1988 (OT)
16 Bobby Wagner, vs. L.A. Rams 1/9/2021
15 Eugene Robinson, at Houston 1/3/1988 (OT)
Bobby Wagner, vs. San Francisco 1/19/2014

SACKS

SACKS

Most Sacks, Career

6.5 Cliff Avril, 2013-16 (10 games)
4.0 Rocky Bernard, 2003-07 (7 games)
3.5 Jacob Green, 1983-84, 1987-88 (7 games)
Bruce Irvin, 2012-15 (10 games)
Michael Bennett, 2013-16 (10 games)

Most Sacks, Game

2.5 Jacob Green, vs. L.A. Raiders 12/22/1984
2.0 Chike Okeafor, vs. St. Louis 1/8/2005
Rocky Bernard, vs. Carolina 1/22/2006
Bryce Fisher, vs. Dallas 1/6/2007
Cliff Avril, vs. Detroit 1/7/2017
Quinton Jefferson, at Philadelphia 1/5/2020

FORCED FUMBLES

Most Forced Fumbles, Career

3 Michael Bennett, 2013-16 (10 games)
2 Jacob Green, 1983-84, 1987-88 (7 games)
Bruce Scholtz, 1983-84, 1987-88 (7 games)
Bryce Fisher, 2005-06 (5 games)
Raheem Brock, 2010 (2 games)
Cliff Avril, 2013-16 (10 games)
Chris Clemons, 2010, 2012-13 (7 games)

Most Forced Fumbles, Game

2 Chris Clemons, vs. Denver 2/2/2014
1 Many Times (Last: Frank Clark, at Atlanta 1/14/2017)

BLOCKED KICKS

BLOCKED PUNTS

INDIVIDUAL RECORDS - POSTSEASON

Most Blocked Punts, Career

None

Most Blocked Punts, Game

None

BLOCKED FIELD GOALS

Most Blocked Field Goals, Career

None

Most Blocked Field Goals, Game

None

BLOCKED PATS

Most Blocked PATs, Career

None

Most Blocked PATs, Game

None

BLOCKED KICKS (FIELD GOALS AND PATS)

Most Blocked Kicks, Career

None

Most Blocked Kicks, Game

None

TEAM RECORDS - POSTSEASON

GAMES

GAMES

Most Consec. Years Participating in Postseason

5 2003-07
2012-16
3 2018-20
2 1983-84, 1987-88

Most Games

3 1983, 2005, 2013, 2014
2 1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019
1 1987, 1988, 1999, 2003, 2004, 2018, 2020

Most Games Won

3 2013
2 1983, 2005, 2014
1 1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019

Most Consecutive Games Won

5 2013-14
2 1983, 2005
1 1984, 2006, 2007, 2010, 2012, 2015, 2016, 2019

Most Consecutive Games Lost

6 1984-04
2 2016-18, 2019-20

SCORING

POINTS

Most Points, Game

43 vs. Denver, 2/2/2014
41 vs. New Orleans, 1/8/2011
35 vs. Washington, 1/5/2008

Fewest Points, Game

10 at Miami, 12/29/1984
vs. Pittsburgh, 2/5/2006
at Minnesota, 1/10/2016

Most Points, Both Teams, Game

77 Seattle (41) vs. New Orleans (36) 1/8/2011
62 Seattle (20) at Green Bay (42) 1/12/2008
60 Seattle (27) at Green Bay (33) 1/4/2004 (OT)

Fewest Points, Both Teams, Game

19 Seattle (10) at Minnesota (9) 1/10/2016
20 Seattle (13) vs. L.A. Raiders (7) 12/22/1984
26 Seattle (17) at Philadelphia (9) 1/5/2020

Largest Margin of Victory, Game

35 Seattle (43) vs. Denver (8) 2/2/2014
24 Seattle (31) vs. Denver (7) 12/24/1983
21 Seattle (35) vs. Washington (14) 1/5/2008

Most Points, Shutout Victory, Game

None

Most Points Overcome to Win Game

16 vs. Green Bay 1/18/2015 (OT) (Trailed 16-0, Won 28-22)
14 at Washington 1/6/2013(Trailed 14-0, Won 24-14)
10 vs. New Orleans 1/8/2011(Trailed 10-0 and 17-7, Won 41-36)
vs. San Francisco 1/19/2014(Trailed 10-0, Won 23-17)

Most Points, Each Half

1st: 24, vs. New Orleans 1/8/2011
22, vs. Denver 2/2/2014
20, vs. Carolina 1/22/2006
2nd: 28, at Atlanta 1/13/2013
25, vs. Washington 1/5/2008
24, at Chicago 1/16/2011
24, at Carolina 1/17/2016

Most Points, Each Quarter

1st: 14, at Green Bay 1/12/2008
10, vs. Carolina 1/22/2006
8, vs. Denver 2/2/2014
2nd: 17, vs. New Orleans 1/8/2011
14, at Chicago 1/14/2007 (OT)
14, vs. Denver 2/2/2014
14, vs. New England 2/1/2015
3rd: 14, at Green Bay 1/4/2004
14, vs. Denver 2/2/2014
14, at Carolina 1/17/2016
14, at Green Bay 1/12/20
4th: 22, vs. Washington 1/5/2008
21, at Chicago 1/16/2011
21, at Atlanta 1/13/2013
OT: 6, vs. Green Bay 1/18/2015
0, at Houston 1/3/1988
0, at Green Bay 1/4/2004
0, at Chicago 1/14/2007

TOUCHDOWNS

Most Touchdowns, Game

5 vs. New Orleans 1/8/2011
vs. Denver 2/2/2014
4 vs. Denver 12/24/1983
vs. Carolina 1/22/2006
vs. Washington 1/5/2008
at Atlanta 1/13/2013
vs. Carolina 1/10/2015
vs. Green Bay 1/18/2015 (OT)

Fewest Touchdowns, Game

1 vs. L.A. Raiders 12/22/1984
at Miami 12/29/1984
vs. Pittsburgh 2/5/2006
at Minnesota 1/10/2016

Most Touchdowns, Both Teams, Game

9 Seattle (5) vs. New Orleans (4) 1/8/2011
8 Seattle (2) at Green Bay (6) 1/12/2008
Seattle (3) at Chicago (5) 1/16/2011

Fewest Touchdowns Both Teams, Game

1 Seattle (1) at Minnesota (0) 1/10/2016
2 Seattle (1) vs. L.A. Raiders (1) 12/22/1984
Seattle (2) at Philadelphia (0) 1/5/2020
3 Seattle (2) vs. Washington (1) 1/14/2006
Seattle (3) vs. Detroit (0) 1/7/2017

POINTS AFTER TOUCHDOWN

Most PAT, Game

5 vs. New Orleans 1/8/2011
vs. Denver 2/2/2014
4 vs. Denver 12/24/1983
vs. Carolina 1/22/2006
at Atlanta 1/13/2013
vs. Carolina 1/10/2015

Fewest PAT, Game

0 at Dallas 1/15/2019
1 7 Times (Last: at Minnesota 1/10/2016)

Most PAT, Both Teams, Game

8 Seattle (2) at Green Bay (6) 1/12/2008
Seattle (5) vs. New Orleans (3) 1/8/2011
Seattle (3) at Chicago (5) 1/16/2011

Fewest PAT, Both Teams, Game

1 Seattle (1) at Minnesota (0) 1/10/2016
2 Seattle (1) at L.A. Raiders (1) 12/22/1984
Seattle (2) vs. Detroit (0) 1/7/2017
Seattle (2) at Philadelphia (0) 1/5/20

FIELD GOALS

Most Field Goals, Game

3 at Washington 1/6/2013
vs. New Orleans 1/11/2014
vs. San Francisco 1/19/2014

Most Field Goals, Both Teams, Game

5 Seattle (2) at Houston (3) 1/3/1988 (OT)
Seatle (2) vs. New Orleans (3) 1/8/2011
Seattle (0) vs. Green Bay (5) 1/18/2015 (OT)
Seattle (2) vs. L.A. Rams (3) 1/9/21

Most Field Goals Attempted, Game

3 7 Times (Last: at Dallas 1/5/2019)

Most Field Goals Attempted, Both Teams, Game

7 Seattle (2) at Houston (5) 1/3/1988 (OT)
5 8 Times (Last: Seattle (2) vs. L.A. Rams (3) 1/9/2021

FIRST DOWNS

FIRST DOWNS

Most First Downs, Game

28 at Atlanta 1/13/2013
27 vs. Carolina 1/22/2006
24 vs. St. Louis 1/8/2005
vs. Detroit 1/7/2017

Fewest First Downs, Game

8 at Miami 12/29/1984
11 at Houston 1/3/1988 (OT)
at Dallas 1/5/2019
vs. L.A. Rams 1/9/21

Most First Downs, Both Teams, Game

52 Seattle (28) at Atlanta (24) 1/13/2013
51 Seattle (19) vs. New Orleans (32) 1/8/2011
46 Seattle (24) vs. St. Louis (22) 1/8/2005

Fewest First Downs, Both Teams, Game

26 Seattle (15) vs. Washington (11) 1/14/2006
27 Seattle (13) at Minnesota (14) 1/10/2016
Seattls (11) vs. L.A. Rams (16) 1/9/21
30 Seattle (8) at Miami (22) 12/29/1984
Seattle (12) vs. Miami (18) 1/9/2000
Seattle (14) vs. San Francisco (16) 1/19/2014

BY RUSHING

Most First Downs, Rushing, Game

13 vs. Carolina 1/22/2006
12 at Miami 12/31/1983
vs. L.A. Raiders 12/22/1984
at Chicago 1/14/2007 (OT)
at Washington 1/6/2013

Fewest First Downs, Rushing, Game

0 vs. Miami 1/9/2000
1 at Houston 1/3/1988 (OT)
at Cincinnati 12/31/1988
at Chicago 1/16/2011

Most First Downs, Rushing, Both Teams, Game

21 Seattle (12) at Miami (9) 12/31/1983
20 Seattle (12) at Chicago (8) 1/14/2007 (OT)
18 Seattle (1) at Cincinnati (17) 12/31/1988

Fewest First Downs Rushing, Both Teams, Game

6 Seattle (2) at Minnesota (4) 1/10/2016
7 Seattle (0) vs. Miami (7) 1/9/2000
Seattle (3) vs. Washington (4) 1/5/2008

BY PASSING

Most First Downs, Passing, Game

19 at Atlanta 1/13/2013
18 at Carolina 1/17/2016
16 at Cincinnati 12/31/1988
at Green Bay 1/4/2004 (OT)

Fewest First Downs, Passing, Game

4 vs. L.A. Raiders 12/22/1984
5 vs. New Orleans 1/11/2014
vs. L.A. Rams 1/9/2021
6 at Miami 12/29/1984
at Chicago 1/14/2007 (OT)
at Dallas 1/5/2019

Most First Downs, Passing, Both Teams, Game

35 Seattle (13) vs. New Orleans (22) 1/8/2011
35 Seattle (19) at Atlanta (16) 1/13/2013
31 Seattle (10) vs. New England (21) 2/1/2015

Fewest First Downs Passing, Both Teams, Game

12 Seattle (4) vs. L.A. Raiders (8) 12/22/1984
Seattle (5) vs. L.A. Rams (7) 1/9/2021
15 Seattle (9) at Minnesota (6) 1/10/2016
Seattle (8) vs. Washington (7) 1/14/2006

BY PENALTY

Most First Downs, Penalty, Game

4 vs. Dallas 1/6/2007
3 vs. Carolina 1/22/2006
at Green Bay 1/12/2008
at Chicago 1/16/2011

Most First Downs, Penalty, Both Teams, Game

6 Seattle (2) vs. St. Louis (4) 1/8/2005
Seattle (2) at Minnesota (4) 1/10/2016
Seattle (2) at Philadelphia (4) 1/5/2020
5 Seattle (3) vs. Carolina (2) 1/22/2006
Seattle (4) vs. Dallas (1) 1/6/2007
Seattle (2) vs. New Orleans (3) 1/8/2011
Seattle (2) vs. New Orleans (3) 1/11/2014
Seattle (2) vs. New England (3) 2/1/2015

TOTAL NET YARDS

NET YARDS

Most Net Yards Gained, Game

491 at Atlanta, 1/13/2013
415 vs. New Orleans, 1/8/2011
413 vs. St. Louis, 1/8/2005

Fewest Net Yards Gained, Game

167 at L.A. Raiders 1/8/1984
171 vs. Miami 1/9/2000
200 at Green Bay 1/12/2008

Most Yards Gained, Both Teams, Game

908 Seattle (491) at Atlanta (417) 1/13/2013
889 Seattle (415) vs. New Orleans (474) 1/8/2011
809 Seattle (413) vs. St. Louis (396) 1/8/2005

Fewest Yards Gained, Both Teams, Game

409 Seattle (226) at Minnesota (183) 1/10/2016
470 Seattle (171)vs. Miami (299) 1/9/2000
491 Seattle (251) vs. L.A. Raiders (240) 12/22/1984

RUSHING

ATTEMPTS

Most Attempts, Game

51 vs. L.A. Raiders 12/22/1984
vs. Carolina 1/22/2006
42 at Miami 12/31/1983

Fewest Attempts, Game

11 at Houston 1/3/1988 (OT)
12 at Chicago 1/16/2011
at Carolina 1/17/2016

Most Attempts, Both Teams, Game

76 Seattle (51) vs. L.A. Raiders (25) 12/22/1984
72 Seattle (42) at Miami (30) 12/31/1983
71 Seattle (38) vs. Denver (33) 12/24/1983

Fewest Attempts, Both Teams, Game

43 Seattle (29) vs. Denver (14) 2/2/2014
46 Seattle (24) vs. New Orleans (22) 1/8/2011
47 Seattle (20) vs. St. Louis (27) 1/8/2005

YARDS GAINED

Most Yards Gained, Game

224 at Washington 1/6/2013
205 vs. L.A. Raiders 12/22/1984
194 vs. Green Bay 1/18/2015 (OT)

Fewest Yards Gained, Game

22 at Cincinnati 12/31/1988
28 at Green Bay 1/12/2008
29 at Houston 1/3/1988 (OT)

Most Yards Gained, Both Teams, Game

329 Seattle (194) vs. Green Bay (135) 1/18/2015 (OT)
328 Seattle (224) at Washington (104) 1/6/2013
318 Seattle (137) vs. Pittsburgh (181) 2/5/2006

Fewest Yards Gained, Both Teams, Game

127 Seattle (49) at Green Bay (78) 1/4/2004 (OT)
149 Seattle (41) vs. Miami (108) 1/9/2000
152 Seattle (77) vs. Washington (75) 1/5/2008

AVERAGE GAIN

Highest Average Gain, Game

6.50 at Carolina 1/17/2016 (12-78)
6.25 vs. New Orleans 1/8/2011 (24-150)
6.05 at Washington 1/6/2013 (37-224)

Lowest Average Gain, Game

1.38 at Cincinnati 12/31/1988 (16-22)
1.56 at Green Bay 1/12/2008 (18-28)
2.05 vs. Miami 1/9/2000 (20-41)

TOUCHDOWN

Most Touchdowns, Game

3 at Green Bay 1/4/2004 (OT)
2 at Miami 12/31/1983
vs. Carolina 1/22/2006
at Chicago 1/14/2007 (OT)
at Atlanta 1/13/2013
vs. New Orleans 1/11/2014
vs. Green Bay 1/18/2015 (OT)
at Green Bay 1/12/2020

Fewest Touchdowns, Game

0 13 Times (Last: at Atlanta 1/14/2017)

Most Touchdowns, Both Teams, Game

5 Seattle (3) at Green Bay (2) 1/4/2004 (OT)
4 Seattle (1) at Cincinnati (3) 12/31/1988
Seattle (2) at Chicago (2) 1/14/2007 (OT)
Seattle (1) at Green Bay (3) 1/12/2008
Seattle (2) at Green Bay (2) 1/12/2020

Fewest Touchdowns, Both Teams, Game

0 Seattle (0) vs. L.A. Raiders (0) 12/22/1984
Seattle (0) vs. Dallas (0) 1/6/2007
Seattle (0) vs. Carolina (0) 1/10/2015
Seattle (0) at Minnesota (0) 1/10/2016

PASSING

ATTEMPTS

Most Attempts, Game

50 at Cincinnati 12/31/1988
49 vs. Pittsburgh 2/5/2006
48 at Carolina 1/17/2016

Fewest Attempts, Game

10 vs. L.A. Raiders 12/22/1984
13 vs. Denver 12/24/1983
18 vs. New Orleans 1/11/2014

Most Attempts, Both Teams, Game

95 Seattle (35) vs. New Orleans (60) 1/8/2011
83 Seattle (45) at Green Bay (38) 1/4/2004 (OT)
82 Seattle (32) vs. Washington (50) 1/5/2008

Fewest Attempts, Both Teams, Game

37 Seattle (10) at L.A. Raiders (27) 12/22/1984
47 Seattle (13) vs. Denver (34) 12/24/1983
49 Seattle (25) vs. San Francisco (24) 1/19/2014

COMPLETIONS

Most Completions, Game

31 at Carolina 1/17/2016
27 vs. St. Louis 1/8/2005
26 vs. Pittsburgh 2/5/2006
at Chicago 1/16/2011

Fewest Completions, Game

4 vs. L.A. Raiders 12/22/1984
9 vs. New Orleans 1/11/2014
11 vs. L.A. Rams 1/9/2021

Most Completions, Both Teams, Game

61 Seattle (22) vs. New Orleans (39) 1/8/2011
52 Seattle (18) vs. Denver (34) 2/2/2014
51 Seattle (25) at Green Bay (26) 1/4/2004

Fewest Completions, Both Teams, Game

18 Seattle (4) vs. L.A. Raiders (14) 12/22/1984
23 Seattle (11) vs. L.A. Rams (12) 1/9/2021
28 Seattle (15) at Washington (13) 1/6/2013

Highest Completion %, Game (Min. 20 att.)

76.67 vs. Detroit 1/7/2017 (30-23)
71.43 vs. Carolina 1/22/2006 (20-28)
69.23 vs. Denver 2/2/2014 (26-18)

Lowest Completion %, Game (Min. 20 att.)

40.74 vs. L.A. Rams 1/9/2021 (11-27)
41.03 at Houston 1/3/1988 (16-39) (OT)
46.67 vs. Miami 1/9/2000 (14-30)

YARDS GAINED

Most Yards Gained, Game

368 at Atlanta 1/13/2013
332 vs. St. Louis 1/8/2005
325 at Carolina 1/17/2016

Fewest Yards Gained, Game

46 vs. L.A. Raiders 12/22/1984
102 at L.A. Raiders 1/8/1984
103 vs. New Orleans 1/11/2014

Most Yards Gained, Both Teams, Game

662 Seattle (265) vs. New Orleans (397) 1/8/2011
626 Seattle (332) vs. St. Louis (294) 1/8/2005
618 Seattle (368) at Atlanta (250) 1/13/2013

Fewest Yards Gained, Both Teams, Game

181 Seattle (46) vs. L.A. Raiders (135) 12/22/1984
254 Seattle (129) at Minnesota (125) 1/10/2016
255 Seattle (156) at Washington (99) 1/6/2013

TOUCHDOWNS

Most Touchdowns, Game

4 vs. New Orleans 1/8/2011
3 vs. Denver 12/24/1983
at Chicago 1/16/2011
vs. Carolina 1/10/2015
at Carolina 1/17/2016

Most Touchdowns, Both Teams, Game

6 Seattle (4) vs. New Orleans (2) 1/8/2011
Seattle (2) vs. New England (4) 2/1/2015
5 Seattle (3) at Chicago (2) 1/16/2011
Seattle (2) at Atlanta (3) 1/13/2013
Seattle (3) vs. Carolina (2) 1/10/2015
Seattle (2) at Atlanta (3) 1/14/2017

TIMES SACKED

Most Times Sacked, Game

6 vs. Miami 1/9/2000
5 at Washington 1/6/2013

vs. Green Bay 1/18/2015 (OT)
at Carolina 1/17/2016
at Green Bay 1/12/2020
vs. L.A. Rams 1/9/2021

Fewest Times Sacked, Game

0 vs. Washington 1/14/2006
vs. Dallas 1/6/2007
vs. Denver 2/2/2014

Most Times Sacked, Both Teams, Game

8 Seattle (2) vs. L.A. Raiders (6) 12/22/1984
Seattle (3) vs. St. Louis (5) 1/8/2005
Seattle (1) at Philadelphia (7) 1/5/2020
Seattle (5) vs. L.A. Rams (3) 1/9/2021
7 Seattle (6) vs. Miami (1) 1/9/2000
Seattle (5) at Washington (2) 1/6/2013
Seattle (5) at Green Bay (2) 1/12/2020

Fewest Times Sacked, Both Teams, Game

1 Seattle (1) at Miami (0) 12/31/1983
Seattle (0) vs. Denver (1) 2/2/2014
2 6 Times (Last: Seattle [1] at Dallas [1] 1/5/2019)

INTERCEPTIONS

INTERCEPTIONS

Most Interceptions By, Game

3 vs. Carolina 1/22/2006
2 13 Times (Last: vs. New England 2/1/2015)

Most Interceptions By, Both Teams, Game

7 Seattle (2) at L.A. Raiders (5) 1/8/1984
6 Seattle (2) vs. Green Bay (4) 1/18/2015 (OT)
4 Seattle (2) vs. Washington (2) 1/5/2008

YARDS RETURNED

Most Yards Returned, Game

135 vs. Washington 1/5/2008
90 vs. Carolina 1/10/2015
76 vs. Pittsburgh 2/5/2006

Most Yards Returned, Both Teams, Game

137 Seattle (135) vs. Washington (2) 1/5/2008
100 Seattle (76) vs. Pittsburgh (24) 2/5/2006
90 Seattle (90) vs. Carolina (0) 1/10/2015

TOUCHDOWNS

Most Touchdowns, Game

2 vs. Washington 1/5/2008
1 vs. Denver 2/2/2014
vs. Carolina 1/10/2015

PUNTING

PUNTS

Most Punts, Game

9 at Chicago 1/16/2011
8 vs. L.A. Raiders 12/22/1984
vs. L.A. Rams 1/9/2021
7 at Miami 12/29/1984
at Houston 1/3/1988 (OT)
vs. Miami 1/9/2000
vs. Washington 1/5/2008
at Dallas 1/5/2019

Fewest Punts, Game

1 vs. Denver 2/2/2014
2 vs. San Francisco 1/19/2014
at Atlanta 1/14/2017

Most Punts, Both Teams, Game

16 Seattle (8) vs. L.A. Raiders (8) 12/22/1984
15 Seattle (7) vs. Miami (8) 1/9/2000
Seattle (7) vs. Washington (8) 1/5/2008
Seattle (8) vs. L.A. Rams (7) 1/9/2021

Fewest Punts, Both Teams, Game

3 Seattle (1) vs. Denver (2) 2/2/2014
5 Seattle (3) at Atlanta (2) 1/13/2013
Seattle (2) at Atlanta (3) 1/14/2017

AVERAGE YARDAGE

Highest Average, Punting, Game (Min. 4 punts)

55.75 vs. L.A. Rams 1/9/2021 (8-446)
51.43 at Dallas 1/5/2019 (7-360)
50.20 vs. Pittsburgh 2/5/2006 (6-301)

Lowest Average, Punting, Game (Min. 4 punts)

32.00 at L.A. Raiders 1/8/1984 (5-160)
35.00 vs. Dallas 1/6/2007 (5-175)
at Chicago 1/16/2011 (9-315)

PUNT RETURNS

PUNT RETURNS

Most Punt Returns, Game

6 vs. Washington 1/5/2008
5 vs. L.A. Raiders 12/22/1984
at Cincinnati 12/31/1988

Fewest Punt Returns, Game

0 at L.A. Raiders 1/8/1984
at Miami 12/31/1983
at Green Bay 1/12/2008
vs. Denver 2/2/2014

Most Punt Returns, Both Teams, Game

9 Seattle (3) vs. Miami (6) 1/9/2000
Seattle (3) at Dallas (6) 1/5/2019
8 Seattle (5) vs. L.A. Raiders (3) 12/22/1984
Seattle (5) at Cincinnati (3) 12/31/1988

Fewest Punt Returns, Both Teams, Game

1 Seattle (0) at L.A. Raiders (1) 1/8/1984
Seattle (0) at Green Bay (1) 1/12/2008
Seattle (1) vs. New Orleans (0) 1/11/2014
Seattle (0) vs. Denver (1) 2/2/2014
Seattle (1) vs. Carolina (0) 1/10/2015
Seattle (1) at Philadelphia (0) 1/5/2020

YARDAGE GAINED

Most Yards Gained, Game

84 vs. Washington 1/5/2008
66 at Houston 1/3/1988 (OT)
58 vs. Denver 12/24/1983

Fewest Yards Gained, Game

-1 vs. Washington 1/14/2006
0 at Miami 12/31/1983
at L.A. Raiders 1/8/1984
at Green Bay 1/12/2008
vs. Denver 2/2/2014
at Atlanta 1/14/2017

Most Yards Gained, Both Teams, Game

102 Seattle (22)at Dallas (80) 1/5/2019
93 Seattle (66 at Houston (27) 1/3/1988 (OT)
87 Seattle (24) vs. Miami (63) 1/9/2000

Fewest Yards, Gained, Both Teams, Game

1 Seattle (0) at L.A. Raiders (1) 1/8/1984
2 Seattle (-1) vs. Washington (3) 1/14/2006
Seattle (0) at Green Bay (2) 1/12/2008

TOUCHDOWNS

Most Touchdowns, Game

None

KICKOFF RETURNS

KICKOFF RETURNS

Most Kickoff Returns, Game

7 at L.A. Raiders 1/8/1984
at Green Bay 1/4/2004 (OT)
at Green Bay 1/12/2008
at Green Bay 1/12/2020

Fewest Kickoff Returns, Game

0 vs. New England 2/1/2015
1 at Atlanta 1/13/2013
vs. New Orleans 1/11/2014
vs. Carolina 1/10/2015
at Minnesota 1/10/2016
vs. Detroit 1/7/2017
at Dallas 1/5/2019

Most Kickoff Returns, Both Teams, Game

13 Seattle (7) at Green Bay (6) 1/4/2004 (OT)
12 Seattle (7) at Green Bay (5) 1/12/2008
Seattle (5) vs. New Orleans (7) 1/8/2011

Fewest Kickoff Returns, Both Teams, Game

2 Seattle (1) at Dallas (1) 1/5/2019
3 Seattle (1) vs. New Orleans (2) 1/11/2014
Seattle (0) vs. New England (3) 2/1/2015

YARDS GAINED

Most Yards Gained, Game

194 at Atlanta 1/14/2017
166 at Chicago 1/14/2007 (OT)
159 vs. Miami 1/9/2000

Fewest Yards Gained, Game

0 vs. New England 2/1/2015
12 at Minnesota 1/10/2016
19 vs. Washington 1/5/2008

Most Yards Gained, Both Teams, Game

271 Seattle (111) vs. Dallas (160) 1/6/2007
247 Seattle (159) vs. Miami (88) 1/9/2000
239 Seattle (166) at Chicago (73) 1/14/2007 (OT)

Fewest Yards Gained, Both Teams, Game

49 Seattle (0) vs. New England (49) 2/1/2015
64 Seattle (21) vs. New Orleans (43) 1/11/2014
66 Seattle (38) vs. L.A. Raiders (28) 12/22/1984

TOUCHDOWNS

Most Touchdowns, Game

1 vs. Miami 1/9/2000
vs. Denver 2/2/2014

PENALTIES

PENALTIES

Most Penalties, Game

11 at Philadelphia 1/5/2020
10 vs. Denver 2/2/2014
9 vs. St. Louis 1/8/2005
vs. L.A. Rams 1/9/2021

Fewest Penalties, Game

2 5 Times (Last: vs. Washington 1/14/2006)
3 6 Times (Last: at Carolina 1/17/2016)

Most Penalties, Both Teams, Game

18 Seattle (11) at Philadelphia (7) 1/5/2020
15 Seattle (7) vs. L.A. Raiders (8) 12/22/1984

Seattle (8) vs. San Francisco (7) 1/19/2014
Seattle (10) vs. Denver (5) 2/2/2014

Fewest Penalties, Both Teams, Game

5 Seattle (4) at Miami (1) 12/29/1984
6 Seattle (3) at Carolina (3) 1/17/2016
7 5 Times (Last: Seattle [4] at Washington [3] 1/6/2013)

YARDS PENALIZED

Most Yards Penalized, Game

114 at Philadelphia 1/5/2020
104 vs. Denver 2/2/2014
70 vs. Pittsburgh 2/5/2006
vs. New England 2/1/2015

Fewest Yards Penalized, Game

10 vs. Miami 1/9/2000
Vs. Washington 1/14/2006
15 at Miami 12/31/1983
at Green Bay 1/4/2004(OT)
vs. Dallas 1/6/2007

Most Yards Penalized, Both Teams, Game

159 Seattle (114) at Philadelphia (45) 1/5/2020
148 Seattle (104) vs. Denver (44) 2/2/2014
131 Seattle (66) vs. San Francisco (65) 1/19/2014

Fewest Yards Penalized, Both Teams, Game

25 Seattle (20) at Miami (5) 12/29/1984
45 5 Times (Last: Seattle [20] at Carolina [25] 1/17/2016)

FUMBLES

FUMBLES

Most Fumbles, Game

5 vs. Washington 1/14/2006
3 vs. San Francisco 1/19/2014
2 6 Times (Last: at Minnesota 1/10/2016)

Fewest Fumbles, Game

0 Many Times (Last: at Green Bay 1/12/2020)

Most Fumbles, Both Teams, Game

6 Seattle (5) vs. Washington (1) 1/14/2006
Seattle (3) vs. San Francisco (3) 1/19/2014
5 Seattle (1) vs. Dallas (4) 1/6/2007
Seattle (2) vs. Carolina (3) 1/10/2015
Seattle (2) at Philadelphia (3) 1/5/2020

Fewest Fumbles, Both Teams, Game

0 Seattle (0) vs. Miami (0) 1/9/2000
Seattle (0) vs. Pittsburgh (0) 2/5/2006
Seattle (0) vs. New England (0) 2/1/2015
Seattle (0) at Dallas (0) 1/5/2019
Seattle (0) at Green Bay (0) 1/12/2020

Most Fumbles Lost, Game

3 vs. Washington 1/14/2006
1 8 Times (Last: vs. Green Bay 1/18/2015 [OT])

Fewest Fumbles Lost, Game

0 ManyTimes (Last: at Green Bay 1/12/2020)

FUMBLES RECOVERED

Most Total Fumbles Recovered, Game

3 at Miami 12/31/1983 (3-opp)
at L.A. Raiders 1/8/1984 (2-opp, 1-own)
vs. Washington 1/14/2006 (1-opp, 2-own)
at Green Bay 1/12/2008 (2-opp, 1-own)
vs. San Francisco 1/19/2014 (1-opp, 2-own)
vs. Carolina 1/10/2015 (1-opp, 2-own)
at Minnesota 1/10/2016 (1-opp, 2-own)

Most Own Fumbles Recovered, Game

2 vs. Washington 1/14/2006
vs. San Francisco 1/19/2014
vs. Carolina 1/10/2015
at Minnesota 1/10/2016
at Philadelphia 1/5/2020

TURNOVERS

Most Turnovers, Game

5 at L.A. Raiders 1/8/1984 (5-Ints)
vs. Green Bay 1/18/2015 (OT) (4-Ints, 1-Fum)
3 at Cincinnati 12/31/1988 (2-Ints, 1-Fum)
vs. Washington 1/14/2006 (3-Fum)

Fewest Turnovers, Game

0 Many Times (Last: at Green Bay 1/12/2020)

Most Turnovers, Both Teams, Game

9 Seattle (5) at L.A. Raiders (4) 1/8/1984 (7-Ints, 2-Fums)
7 Seattle (5)vs. Green Bay (2) 1/18/2015 (OT) (6-Ints, 1-Fum)
6 Seattle (1) at Miami (5) 12/31/1983

Fewest Turnovers, Both Teams, Game

0 Seattle (0) vs. Detroit (0) 1/7/2017
Seattle (0) at Philadelphia (0) 1/5/2020
Seattle (0) at Green Bay (0) 1/12/2020
1 Seattle (1) at Green Bay (0) 1/4/2004 (OT) (1-Int)
Seattle (0) at Chicago (1) 1/16/2011 (1-Int)
Seattle (0) vs. New Orleans (1) 1/11/2014 (1-Fum)
Seattle (0) at Dallas (1) 1/5/2019 (1-Int)

DEFENSIVE SCORING

POINTS ALLOWED

Most Points Allowed, Game

42 at Green Bay 1/12/2008
36 vs. New Orleans 1/8/2011
at Atlanta 1/14/2017

Fewest Points Allowed, Game

6 vs. Detroit 1/7/2017
7 vs. Denver 12/24/1983
vs. L.A. Raiders 12/22/1984

TOUCHDOWNS ALLOWED

Most Touchdowns Allowed, Game

6 at Green Bay 1/12/2008
5 at Chicago 1/16/2011
4 7 Times (Last: at Green Bay 1/12/2020)

Fewest Touchdowns Allowed, Game

0 at Minnesota 1/10/2016
vs. Detroit 1/7/2017
at Philadelphia 1/5/2020
1 vs. Denver 12/24/1983
vs. L.A. Raiders 12/22/1984
vs. Washington 1/14/2006
vs. Denver 2/2/2014
vs. Green Bay 1/18/2005

DEFENSIVE FIRST DOWNS

FIRST DOWNS ALLOWED

Most First Downs Allowed, Game

32 vs. New Orleans 1/8/2011
28 at Atlanta 1/14/2017
27 at Houston 1/3/1988

Fewest First Downs Allowed, Game

11 vs. Washington 1/14/2006
vs. Carolina 1/22/2006
13 vs. Detroit 1/7/2017

BY RUSHING

Most First Downs Allowed, Rushing, Game

17 at Cincinnati 12/31/1988
11 at Green Bay 1/12/2008
at Chicago 1/16/2011

Fewest First Downs Allowed, Rushing, Game

1 vs. New England 2/1/2015
2 vs. Carolina 1/22/2006
vs. Denver 2/2/2014
vs. Detroit 1/7/2017

BY PASSING

Most First Downs Allowed, Passing, Game

22 vs. New Orleans 1/8/2011
21 vs. New England 2/1/2015
19 at Atlanta 1/14/2017

Fewest First Downs Allowed, Passing, Game

5 at Cincinnati 12/31/1988
6 at Minnesota 1/10/2016
7 vs. Washington 1/14/2006
Vs. Carolina 1/22/2006
vs. L.A. Rams 1/9/2021

BY PENALTY

Most First Downs Allowed, Penalty, Game

4 vs. St. Louis 1/8/2005
at Minnesota 1/10/2016
at Philadelphia 1/5/2020
3 6 Times (Last: at Dallas 1/5/2019)

OPPONENTS PLAYS

PLAYS ALLOWED

Most Opponent Plays Allowed, Game

84 at Houston 1/3/1988 (OT)
83 vs. New Orleans 1/8/2011
82 vs. Washington 1/5/2008

Fewest Opponent Plays Allowed, Game

49 vs. Carolina 1/22/2006
50 vs. Detroit 1/7/2017
54 at Washington 1/6/2013
vs. San Francisco 1/19/2014

BY RUSHING

Most Opponent Plays Allowed, Rushing, Game

50 at Houston 1/3/1988 (OT)
47 at Cincinnati 12/31/1988
46 at L.A. Raiders 1/8/1984

Fewest Opponent Plays Allowed, Rushing, Game

12 vs. Carolina 1/22/2006
14 vs. Denver 2/2/2014
15 vs. Detroit 1/7/2017

BY PASSING

Most Opponent Plays Allowed, Passing, Game

61 vs. New Orleans 1/8/2011
53 vs. Washington 1/5/2008
51 vs. New England 2/1/2015

Fewest Opponent Plays Allowed, Passing, Game

21 at Cincinnati 12/31/1988
23 vs. Pittsburgh 2/5/2006
at Carolina 1/17/2016

NET YARDS ALLOWED

NET YARDS

TEAM RECORDS - POSTSEASON

Most Net Yards Allowed, Game

474 vs. New Orleans 1/8/2011
437 at Houston 1/3/1988 (OT)
at Chicago 1/16/2011

Fewest Net Yards Allowed, Game

183 at Minnesota 1/10/2016
203 at Washington 1/6/2013
212 vs. Carolina 1/22/2006

OPPONENTS RUSHING

YARDS GAINED

Most Yards Allowed, Rushing, Game

254 at Cincinnati 12/31/1988
235 at Green Bay 1/12/2008
205 at L.A. Raiders 1/8/1984

Fewest Yards Allowed, Rushing, Game

27 vs. Denver 2/2/2014
36 vs. Carolina 1/22/2006
49 vs. Detroit 1/7/2017

TOUCHDOWNS

Most Touchdowns Allowed, Rushing, Game

3 at Cincinnati 12/31/1988
at Green Bay 1/12/2008
at Chicago 1/16/2011

Fewest Touchdowns Allowed, Rushing, Game

0 Many Times (Last: at Philadelphia 1/5/2020)

OPPONENTS PASSING

YARDS GAINED

Most Yards Allowed, Passing, Game

397 vs. New Orleans 1/8/2011
323 at Atlanta 1/14/2017
320 vs. New England 2/1/2015

Fewest Yards Allowed, Passing, Game

91 at Cincinnati 12/31/1988
99 at Washington 1/6/2013
125 at Minnesota 1/10/2016

TOUCHDOWNS

Most Touchdowns Allowed, Passing, Game

4 vs. New England 2/1/2015
3 at Miami 12/29/1984
at Green Bay 1/12/2008
at Atlanta 1/13/2013
at Atlanta 1/14/2017

Fewest Touchdowns Allowed, Passing, Game

0 at Cincinnati 12/31/1988
at Minnesota 1/10/2016
vs. Detroit 1/7/2017
at Philadelphia 1/5/2020

SACKS

Most Sacks, Game

7 at Philadelphia 1/5/2020
6 vs. L.A. Raiders 12/22/1984
5 vs. St. Louis 1/8/2005

Fewest Sacks, Game

0 at Miami 12/31/1983
at Miami 12/29/1984
at Green Bay 1/4/2004 (OT)
at Atlanta 1/13/2013

Most Opp. Yards Lost Attempting to Pass, Game

49 vs. L.A. Raiders 12/22/1984
31 at Chicago 1/14/2007 (OT)
23 vs. Detroit 1/7/2017

Fewest Opp. Yds. Lost Attempting to Pass, Game

0 at Miami 12/31/1983
at Miami 12/29/1984
at Green Bay 1/4/2004 (OT)
at Green Bay 1/12/2008
at Atlanta 1/13/2013

OPPONENTS INTERCEPTIONS

INTERCEPTIONS

Most Passes Intercepted By, Game

3 vs. Carolina 1/22/2006
2 13 Times (Last: vs. New England 2/1/15)

Fewest Passes Intercepted By, Game

0 Many Times (Last: at Green Bay 1/12/2020)

Most Consecutive Games, One or More Int. By

6 1983-84, 1987

Most Yards Returning Interceptions, Game

135 vs. Washington 1/5/2008
90 vs. Carolina 1/10/2015
76 vs. Pittsburgh 2/5/2006

Fewest Yards Returning Interceptions, Game

0 Many Times(Last: at Philadelphia 1/5/2020)

Most Touchdowns Returning Interceptions, Game

2 vs. Washington 1/5/2008
1 vs. Denver 2/2/2014
vs. Carolina 1/10/2015

PUNT RETURNS ALLOWED

PUNT RETURNS

Most Opponent Punt Returns, Game

6 vs. Miami 1/9/2000
at Dallas 1/5/2019
4 at Houston 1/3/1988 (OT)

Fewest Opponent Punt Returns, Game

0 vs. Washington 1/5/2008
at Atlanta 1/13/2013
vs. New Orleans 1/11/2014
vs. Carolina 1/10/2015
at Philadelphia 1/5/2020

YARDS GAINED

Most Yards Allowed, Punt Returns, Game

80 at Dallas 1/5/2019
63 vs. Miami 1/9/2000
59 vs. Carolina 1/22/2006

Fewest Yards Allowed, Punt Returns, Game

0 8 Times (Last: at Philadelphia 1/5/2020)

Longest Return, Allowed, Game

59t vs. Carolina 1/22/2006
51 at Dallas 1/5/2019
29 vs. Green Bay 1/18/2015

TOUCHDOWNS

Most Touchdowns Allowed, Punt Return, Game

1 vs. Carolina (by Steve Smith) 1/22/2006

KICKOFF RETURNS ALLOWED

KICKOFF RETURNS

Most Opponent Kickoff Returns, Game

7 vs. Carolina 1/22/2006
vs. Washington 1/5/2008
vs. New Orleans 1/8/2011

Fewest Opponent Kickoff Returns, Game

1 vs. Green Bay 1/18/2015
at Atlanta 1/14/2017
at Dallas 1/5/2019
at Philadelphia 1/5/2020

YARDS GAINED

Most Yards Allowed, Kickoff Returns, Game

189 vs. Washington 1/5/2008
160 vs. Dallas 1/6/2007
143 vs. Carolina 1/22/2006

Fewest Yards Allowed, Kickoff Returns, Game

15 at Dallas 1/5/2019
18 vs. Green Bay 1/18/2015 (OT)
at Atlanta 1/14/2017

Longest Return Allowed, Game

93t vs. Dallas 1/6/2007
55 vs. Washington 1/5/2008
47 vs. Miami 1/9/2000

TOUCHDOWNS

Most TDs Allowed, Kickoff Returns, Game

1 vs. Dallas (by Miles Austin) 1/6/2007

TAKEAWAYS

NO. OF TIMES LOSING BALL (INT, FUM)

Most Opponents' Turnovers, Game

5 at Miami 12/31/1983
4 at L.A. Raiders 1/8/1984
vs. Carolina 1/22/2006
vs. Denver 2/2/2014

Fewest Opponents' Turnovers, Game

0 vs. Miami 1/9/2000
at Green Bay 1/4/2004
at Carolina 1/17/2016
vs. Detroit 1/7/2017
at Atlanta 1/14/2017
at Philadelphia 1/5/2020
at Green Bay 1/12/2020
vs. L.A. Rams 1/9/2021

TIME OF POSSESSION

TIME OF POSSESSION

Highest Time of Possession Allowed, Game

47:44 at Houston 1/3/1988 (OT)
37:10 at Chicago 1/16/2011
37:06 at L.A. Raiders 1/8/1984

Lowest Time of Possession Allowed, Game

18:09 vs. Carolina 1/22/2006
23:21 vs. Detroit 1/7/2017
25:02 at Miami 12/31/1983

ALL-TIME HONORS

ALL-TIME HONORS

CAPTAINS

	Offense	Defense	Special Teams
1976	Norm Evans, T	Mike Curtis, LB	Ed Bradley, LB
1977	Norm Evans, T	Eddie McMillan, S	Steve Preece, S
1978	Norm Evans, T	Dennis Boyd, DT	Autry Beamon, S
1979	Steve Largent, WR	Dennis Boyd, DE	Autry Beamon, S
1980	Steve Largent, WR	Keith Simpson, S	
1981	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1982	Steve Largent, WR	Keith Simpson, CB	Don Dufek, S
1983	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1984	Charle Young, TE	Dave Brown, CB	Eric Lane, RB
1985	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1986	Steve Largent, WR	Dave Brown, CB	Eric Lane, RB
1987	Steve Largent, WR	Kenny Easley, S	Paul Moyer, S
	Curt Warner, RB		
1988	Steve Largent, WR	Jacob Green, DE	Game-to-Game
		Eugene Robinson, S	
1989	Steve Largent, WR	Jacob Green, DE	Game-to-Game
1990	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1991	Dave Krieg, QB	Jacob Green, DE	Game-to-Game
1992	John L. Williams, FB	Eugene Robinson, S	James Jones, TE
1993	John L. Williams, FB	Eugene Robinson, S	Tracy Johnson, FB
			Trey Junkin, TE
1994	Ray Donaldson, C	Eugene Robinson, S	Tracy Johnson, FB
			Trey Junkin, TE
1995	Rick Mirer, QB	Eugene Robinson, S	Trey Junkin, TE
1996	Rick Mirer, QB	Winston Moss, LB	Rick Tuten, P
	Chris Warren, RB	Terry Wooden, LB	
1997	John Friesz, QB	Winston Moss, LB	Jay Bellamy, S
1998	Warren Moon, QB	Darryl Williams, S	Jay Bellamy, S
	Kevin Glover, C	Michael Sinclair, DE	
1999*	Jon Kitna, QB	Chad Brown, LB	Fabien Bownes, WR
	Ricky Watters, RB	*Cortez Kennedy, DT*	*James Logan, LB*

Season captains discontinued in 1999 and 2000

2001	Matt Hasselbeck, QB	Chad Brown, LB	
	Robbie Tobeck, C	Levon Kirkland, LB	
	Ricky Watters, RB	Marcus Robertson, S	
2002	Trent Dilfer, QB	Chad Brown, LB	
	Robbie Tobeck, C	Chad Eaton, DT	
	Mack Strong, FB	Marcus Robertson, S	
2003	Matt Hasselbeck, QB	John Randle, DT	Alex Bannister, WR
2004	Matt Hasselbeck, QB	Anthony Simmons, LB	Alex Bannister, WR
2005	Matt Hasselbeck, QB	Grant Wistrom, DE	Alex Bannister, WR
	Shaun Alexander, RB*	Lofa Tatupu, LB*	Josh Scobey, KR*
2006	Matt Hasselbeck, QB	Lofa Tatupu, LB	J.P. Darche, LS
	Walter Jones, T	Ken Hamlin, FS	Jimmy Williams, CB
2007	Matt Hasselbeck, QB	Lofa Tatupu, LB	Josh Brown, K
	Mack Strong, FB	Deon Grant, SS	Niko Koutouvides, LB
2008	Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB
	Walter Jones, T	Deon Grant, SS	D.D. Lewis, LB
2009	Matt Hasselbeck, QB	Lofa Tatupu, LB	Lance Laury, LB
	Walter Jones, T	Deon Grant, SS	Olindo Mare, K
2010	Matt Hasselbeck, QB	Lofa Tatupu, LB	Roy Lewis, CB
2011	Tarvaris Jackson, QB	Marcus Trufant, CB	M. Robinson, FB/ Leon Washington, RB
2012	Max Unger, C	Red Bryant, DE	Heath Farwell, LB
			M. Robinson, CB
2013	Russell Wilson, QB	Red Bryant, DE	Heath Farwell, LB
2014	Russell Wilson, QB	Kam Chancellor, S	Steve Hauschka, K
			Jon Ryan, P
2015	Russell Wilson, QB	Bobby Wagner, LB	Jon Ryan, P
2016	Russell Wilson, QB	Kam Chancellor, S	Jon Ryan, P
			DeShawn Shead, CB
2017	Russell Wilson, QB	K. Chancellor, S	Jon Ryan, P
		B. Wagner, LB	
2018	Russell Wilson, QB	Bobby Wagner, LB	Sebastian Janikowski, K
			Neiko Thorpe, CB
2019	Russell Wilson, QB	Bobby Wagner, LB	Neiko Thorpe, CB
2020	Russell Wilson, QB	Bobby Wagner, LB	Neiko Thorpe, CB

** Playoff Captains*

RING OF HONOR

1989	Steve Largent	WR	2002	Kenny Easley	S
1991	Jim Zorn	QB	2004	Dave Krieg	QB
1992	Dave Brown	CB	2005	Chuck Knox	Head Coach
1992	Pete Gross	Broadcaster	2006	Cortez Kennedy	DT
1994	Curt Warner	RB	2014	Walter Jones	T
1995	Jacob Green	DE	2019	Paul G. Allen	Chairman

STEVE LARGENT AWARD

(Presented to the player, or coach, who best exemplifies the spirit, dedication, and integrity of the Seahawks)

1989	Steve Largent	WR	2005	Mack Strong	FB
1990	Jacob Green	DE	2006	Mack Strong	FB
1991	Rufus Porter	LB	2007	Bobby Engram	WR
1992	Jeff Bryant	DE	2008	Mike Holmgren	Coach
	Joe Nash	DT	2009	Matt Hasselbeck	QB
1993	Eugene Robinson	S	2010	Roy Lewis	CB
1994	Brian Blades	WR	2011	Red Bryant	DE
1995	Terry Wooden	LB	2012	Russell Wilson	QB
1996	Cortez Kennedy	DT	2013	Earl Thomas	S
1997	Winston Moss	LB	2014	Kam Chancellor	S
1998	Michael Sinclair	DE	2015	Richard Sherman	CB
1999	Chad Brown	LB	2016	Kam Chancellor	S
2000	Ricky Watters	RB	2017	Bobby Wagner	LB
2001	Mack Strong	FB	2018	Russell Wilson	QB
2002	Mack Strong	FB	2019	Russell Wilson	QB
2003	Trent Dilfer	QB	2020	K.J. Wright	LB
2004	Mack Strong	FB			

MAN OF THE YEAR

1976	Norm Evans	T	2000	Jon Kitna	QB
1980	Jim Zorn	QB	2001	Brock Huard	QB
1981	Manu Tuiasosopo	DT	2002	Trent Dilfer	QB
1982	Dave Brown	CB	2003	Matt Hasselbeck	QB
1983	Paul Johns	WR	2004	Mack Strong	FB
1984	Jeff West	P	2005	Shaun Alexander	RB
1985	Mike Tice	TE	2006	Marcus Trufant	CB
1986	Mike Tice	TE	2007	Bobby Engram	WR
1987	Mike Tice	TE	2008	Patrick Kerney	DE
1988	Steve Largent	WR	2009	Josh Wilson	CB
1989	Norm Johnson	K	2010	Roy Lewis	CB
1990	Jacob Green	DE	2011	John Carlson	TE
1991	Eugene Robinson	S	2012	Russell Okung	T
1992	Eugene Robinson	S	2013	Doug Baldwin	WR
1993	Eugene Robinson	S	2014	Russell Wilson	QB
1994	Brian Blades	WR	2015	Richard Sherman	CB
1995	Eugene Robinson	S	2016	Cliff Avril	DE
1996	Todd Peterson	K	2017	Michael Bennett	DE
1997	Rick Tuten	P	2018	K.J. Wright	LB
1998	Sam Adams	DT	2019	Bobby Wagner	LB
1999	Jon Kitna	QB	2020	Russell Wilson	QB

RETIRED JERSEYS

#12 Seattle's fans, the 12s (1984)
#80 WR Steve Largent (1995)
#71 T Walter Jones (2010)
#96 DT Cortez Kennedy (2012)
#45 S Kenny Easley (2017)

MARCUS NALLEY TROPHY

(Most Valuable Player as voted by teammates)

1976	Jim Zorn	QB	1988	John L. Williams	FB
1977	Steve Largent	WR	1989	Brian Blades	WR
1978	Jim Zorn	QB	1990	John L. Williams	FB
1979	Steve Largent	WR	1991	Eugene Robinson	S
1980	Sam McCullum	WR	1992	Cortez Kennedy	DT
1981	Steve Largent	WR	1993	Eugene Robinson	S
1982	Kenny Easley	S	1994	Chris Warren	RB
1983	Curt Warner	RB	1995	Chris Warren	RB
1984	Kenny Easley	S	1996	Cortez Kennedy	DT
1985	Steve Largent	WR	1997	Darryl Williams	S
1986	Curt Warner	RB	1998	Chad Brown	LB
1987	Steve Largent	WR	Discontinued in 1999		

ALL-TIME HONORS

AP ALL-PRO

	1st Team	2nd Team
1978		Steve Largent
		Jim Zorn
1979		Steve Largent
1983	Kenny Easley	Curt Warner
1984	Norm Johnson	Steve Largent
	Joe Nash	Dave Brown
	Kenny Easley	
1985	Steve Largent	
	Kenny Easley	
1986	Bobby Joe Edmunds	Curt Warner
1987	Fredd Young	Steve Largent
		Curt Warner
1992	Cortez Kennedy	
1993	Cortez Kennedy	Eugene Robinson
1994	Cortez Kennedy	Chris Warren
		Rick Tuten
1995		Chris Warren
1996		Cortez Kennedy
1998		Chad Brown
2001	Walter Jones	
2003	Steve Hutchinson	
2004	Walter Jones	Shaun Alexander
		Steve Hutchinson
2005	Shaun Alexander	
	Steve Hutchinson	
	Walter Jones	
	Mack Strong	
2006		Walter Jones
2007	Walter Jones	
	Patrick Kerney	
	Lofa Tatupu	
2008		Walter Jones
2010		Leon Washington
2011		Earl Thomas
2012	Marshawn Lynch	
	Richard Sherman	
	Earl Thomas	
	Max Unger	
2013	Richard Sherman	Kam Chancellor
	Earl Thomas	
2014	Richard Sherman	Kam Chancellor
	Earl Thomas	Marshawn Lynch
	Bobby Wagner	
2015	Tyler Lockett	Richard Sherman
		Bobby Wagner
2016	Bobby Wagner	Tyler Lockett
2017	Bobby Wagner	Tyler Lockett
		Earl Thomas
2018	Michael Dickson	Duane Brown
	Bobby Wagner	
2019	Bobby Wagner	Russell Wilson
2020	Bobby Wagner	Jamal Adams
		DK Metcalf

PRO BOWL

Year	Player	Nominations
1978	Steve Largent, WR	1
1979	Steve Largent, WR	2
1981	Steve Largent, WR	3
1982	Kenny Easley, S	1
1983	Kenny Easley, S, starter	2
	Curt Warner, RB, starter	1
1984	Dave Brown, CB	1
	Kenny Easley, S, unanimous	3
	Norm Johnson, K	1
	Dave Krieg, QB	1
	Steve Largent, WR	4
	Joe Nash, DT, starter	1
	Fredd Young, special teams	1
1985	Kenny Easley, S, starter	4
	Steve Largent, WR, starter	5
	Fredd Young, special teams	2
1986	Bobby Joe Edmonds, KR	1
	Jacob Green, DE	1
	Steve Largent, WR, starter	6
	Curt Warner, RB, starter	2
	Fredd Young, LB, starter	3
1987	Kenny Easley, S, starter	5
	Jacob Green, DE	2
	Steve Largent, WR, starter	7
	Curt Warner, RB, starter	3
	Fredd Young, LB, starter	4
1988	Dave Krieg, QB	2
	Rufus Porter, special teams	1
1989	Brian Blades, WR	1
	Dave Krieg, QB	3
	Rufus Porter, special teams	2
1990	John L. Williams, FB	1
1991	Cortez Kennedy, DT	1
	John L. Williams, FB	2
1992	Cortez Kennedy, DT, starter	2
	Eugene Robinson, S	1
1993	Cortez Kennedy, DT, starter	3
	Eugene Robinson, S	2
	Chris Warren, RB	1
1994	Cortez Kennedy, DT, starter	4
	Rick Tuten, P	1
	Chris Warren, RB	2
1995	Cortez Kennedy, DT	5
	Chris Warren, RB, starter	3
1996	Cortez Kennedy, DT, starter	6
	Michael Sinclair, DE	1
1997	Warren Moon, QB	1, 9 total
	Michael Sinclair, DE	2
	Darryl Williams, S, starter	1
1998	Chad Brown, LB, starter	1, 2 total
	Cortez Kennedy, DT	7
	Michael Sinclair, DE	3
	Shawn Springs, CB	1
1999	Chad Brown, LB	2, 3 total
	Walter Jones, T	1
	Cortez Kennedy, DT	8
2001	Walter Jones, T	2
	John Randle, DT, starter	1, 7 total
2002	Walter Jones, T, starter	3
2003	Shaun Alexander, RB	1
	Alex Bannister, ST	1
	Matt Hasselbeck, QB	1
	Steve Hutchinson, G	1
	Walter Jones, T	4
2004	Shaun Alexander, RB	2
	Steve Hutchinson, G	2
	Walter Jones, T	5
2005	Shaun Alexander, RB, starter	3
	Matt Hasselbeck, QB, starter	2
	Steve Hutchinson, G, starter	3
	Walter Jones, T, starter	6
	Mack Strong, FB, starter	1
	Lofa Tatupu, LB	1
	Robbie Tobeck, C	1
2006	Walter Jones, T	7
	Julian Peterson, LB	1, 3 total
	Mack Strong, FB	2
	Lofa Tatupu, LB	2
2007	Matt Hasselbeck, QB	3
	Walter Jones, T	8
	Patrick Kerney, DE	1, 2 total
	Julian Peterson, LB	2, 4 total
	Lofa Tatupu, LB	3
	Marcus Trufant, CB	1
2008	Walter Jones, T	9
	Julian Peterson, LB	3, 5 total
2011	Brandon Browner, CB	1
	Kam Chancellor, S	1
	Marshawn Lynch, RB	1, 2 total
	Michael Robinson, FB	1
	Earl Thomas, S, starter	1
2012	Marshawn Lynch, RB	2, 3 total
	Russell Okung, T, starter	1
	Earl Thomas, S, starter	2
	Max Unger, C, starter	1
	Leon Washington, RS/KR	1, 2 total
	Russell Wilson, QB	1
2013	Kam Chancellor, S	2
	Marshawn Lynch, RB	3, 4 total
	Richard Sherman, CB	1
	Earl Thomas, S	3
	Max Unger, C	2
	Russell Wilson, QB	2
2014	Kam Chancellor, S	3
	Marshawn Lynch, RB	4, 5 total
	Russell Okung, T	2
	Richard Sherman, CB	2
	Earl Thomas, S	4
	Bobby Wagner, LB	1
	Russell Wilson, QB	3
2015	Michael Bennett, DE	1
	Kam Chancellor, S	4
	Tyler Lockett, RS	1
	Richard Sherman, CB	3
	Earl Thomas, S	5
	Bobby Wagner, LB	2
	Russell Wilson, QB	4
2016	Cliff Avril, DE	1
	Doug Baldwin, WR	1
	Michael Bennett, DE	2
	Jimmy Graham, TE	1, 4 total
	Richard Sherman, CB	4
	Bobby Wagner, LB	3
	K.J. Wright, LB	1
2017	Doug Baldwin, WR	2
	Michael Bennett, DE	3
	Duane Brown, T	1, 4 total
	Jimmy Graham, TE	2, 5 total
	Earl Thomas, S	6
	Bobby Wagner, LB	4
	Russell Wilson, QB	5
2018	Michael Dickson, P	1
	Bobby Wagner, LB	5
	Russell Wilson, QB	6
2019	Bobby Wagner, LB	6
	Russell Wilson, QB	7
	Shaquill Griffin, CB	1
2020	Jamal Adams, S	1, 3 total
	Nick Bellore, ST	1
	Quandre Diggs, S	1
	DK Metcalf, WR	1
	Tyler Ott, LS	1
	Bobby Wagner, LB	7
	Russell Wilson, QB	8

PRO FOOTBALL HALL OF FAME

1984 Mike McCormack, Coach/President/GM, 1982-88

1990 Franco Harris, RB, 1984 (elected in first year of eligibility)

1995 Steve Largent, WR, 1976-89 (elected in first year of eligibility)

2004 Carl Eller, DE, 1979

2006 Warren Moon, QB, 1997-98 (elected in first year of eligibility)

2010 John Randle, DT, 2001-03 (elected in first year of eligibility)

2010 Jerry Rice, WR, 2004 (elected in first year of eligibility)

2012 Cortez Kennedy, DT, 1990-00

2014 Walter Jones, T, 1997-09 (elected in first year of eligibility)

2017 Kenny Easley, S, 1981-87

2019 Kevin Mawae, C, 1994-97

2020 Steve Hutchinson, G, 2001-05

Edgerrin James, RB, 2009

2021 Tom Flores, President/GM/Head Coach, 1989-94

NFL COACH OF THE YEAR

1978 Jack Patera (AP, The Sporting News, Washington DC Touchdown Club, Seattle Gold Helmet Committee)

1983 Chuck Knox (Vince Lombardi Committee, Seattle Gold Helmet Committee, Football News)

1984 Chuck Knox (AP, The Sporting News, Seattle Gold Helmet Committee)

1992 Tom Catlin, Assistant Head Coach/Defense (Sports Illustrated)

NFL/NATIONAL HONORS

1976 Steve Niehaus, DT (NFC Defensive Rookie of the Year)

Jim Zorn, QB (NFC Offensive Rookie of the Year)

1978 John Thompson, General Manager (The Sporting News NFL Executive of the Year)

1981 Kenny Easley, S (AFC Defensive Rookie of the Year)

1983 Kenny Easley, S (Football News AFC Defensive Player of the Year)

Chuck Knox, Head Coach (UPI AFC Coach of the Year, Football News NFL Coach of the Year)

Curt Warner, RB (UPI AFC Offensive Player of the Year, UPI AFC Rookie of the Year)

ALL-TIME HONORS

NFL/NATIONAL HONORS, CONTINUED

1984 Kenny Easley, S (AP, Pro Football Weekly and Kansas City 101 Club NFL Defensive Player of the Year, NFL Alumni Association Defensive Back of the Year)

Chuck Knox, Head Coach (Football Digest NFL Coach of the Year, UPI & PFWA AFC Coach of the Year)

Fredd Young, LB (AFC Special Teams Player of the Year)

1985 Steve Largent, WR (NFL Alumni Association Wide Receiver of the Year)

Fredd Young, LB (NFL Alumni Association Special Teams Player of the Year)

Curt Warner, RB (Sports Illustrated Comeback Player of the Year)

1986 Bobby Joe Edmonds, KR (AFC Special Teams Player of the Year)

Curt Warner, RB (UPI AFC Offensive Player of the Year)

1987 Curt Warner, RB (NFL Alumni Association Running Back of the Year)

1988 Steve Largent, WR (NFL Man of the Year)

1992 Cortez Kennedy, DT (AP, Pro Football Writers, NEA, College & Pro Football Newsweekly NFL Defensive Player of the Year)

1993 Rick Mirer, QB (NFL Offensive Rookie of the Year, UPI AFC Offensive Rookie of the Year)

1995 Eugene Robinson, S (Henry P. Iba Citizenship Award from the Tulsa Oklahoma Rotary Club)

2005 Shaun Alexander, RB (AP and Pro Football Weekly/PFWA Most Valuable Player, AP Offensive Player of the Year, The Sporting News, Maxwell Club and FedEx Ground Player of the Year)

2006 Josh Brown, K (Pro Football Weekly Golden Toe Award)

2012 Pete Carroll, Head Coach of the Year (Kansas City NFL 101 Club)

Bruce Irvin, DE (Pro Football Weekly All-Rookie Team)

Marshawn Lynch, RB (Pro Football Weekly All-NFL Team)

Michael Robinson, FB (Sports Illustrated All-Pro)

John Schneider, General Manager (Sports Illustrated Executive of the Year)

Richard Sherman, CB (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

Earl Thomas, S (Pro Football Weekly All-NFL Team, Sporting News All-Pro)

Bobby Wagner, LB (Pro Football Weekly All-Rookie Team, Sports Illustrated Defensive Rookie of the Year)

Russell Wilson, QB (Pepsi Max NFL Rookie of the Year, Sports Illustrated Offensive Rookie of the Year)

2013 Brandon Mebane, DT (Sports Illustrated All-Pro)

Richard Sherman, CB (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

Malcolm Smith, LB (Pete Rozelle Trophy - Super Bowl MVP)

Earl Thomas, S (Pro Football Weekly All-NFL Team, Sporting News All-Pro, Sports Illustrated All-Pro)

2014 Richard Sherman, CB (Kansas City 101 Club NFC Defensive Player of the Year, Sporting News All-Pro, PFWA All-NFL Team, Sports Illustrated MMQB All-Pro)

Earl Thomas, S (Sporting News All-Pro, PFWA All-NFL Team)

2015 Michael Bennett, DE (Defensive Pro Bowl MVP)

Tyler Lockett, WR/RS (PFWA All-Rookie Team)

Thomas Rawls, RB (PFWA All-Rookie Team)

Earl Thomas, S (Sporting News All-Pro)

Russell Wilson, QB (Offensive Pro Bowl MVP)

2016 Cliff Avril, DE (PFWA All-NFC Team)

Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-NFC Team)

2017 Ethan Pocic, G (PFWA All-Rookie Team)

Earl Thomas, S (Sporting News All-Pro)

Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team)

2018 Michael Dickson, P (Sporting News All-Pro, PFWA All-NFL Team, PFWA All-Rookie Team

Shaquem Griffin, LB (Game Changer presented by Gillette)

Bobby Wagner, LB (PFWA All-NFL Team)

Seattle Seahawks (Celebration of the Year)

2019 Bobby Wagner, LB (Sporting News All-Pro, PFWA All-NFL Team)

Seattle Seahawks (Celebration of the Year)

2020 Jamal Adams, S (PFWA All-NFC Team)

Nick Bellore, FB (PFWA All-Special Teams Team)

Damien Lewis, G (PFWA All-Rookie Team)

Russell Wilson, QB (NFL Man of the Year)

NFL ROOKIE OF THE MONTH

1997 Walter Jones, T (October)

2002 Rocky Bernard, DT (September)

2005 Lofa Tatupu, LB (December/January)

2012 Russell Wilson, QB (December)

NFL PLAYER OF THE MONTH

1986 Curt Warner, RB (October)

Dave Krieg, QB (December)

1989 John L. Williams, FB (December)

1996 Michael McCrary, DE (December)

1998 Chad Brown, LB (November)

1999 Jon Kitna, QB (October)

Jeff Feagles, P (December)

2004 Matt Hasselbeck, QB (December)

2005 Shaun Alexander, RB (November)

2006 Ken Hamlin, FB (September)

Nate Burleson ST/WR (November)

2007 Patrick Kerney, DE (November)

2013 Richard Sherman, CB (September)

2014 Jon Ryan, P (September)

Bobby Wagner, LB (December)

2015 Tyler Lockett, RS (Sept. & December)

2016 Cliff Avril, DE (October)

2018 Michael Dickson, P (November)

Chris Carson, RB (December)

2020 Russell Wilson, QB (September)

NFL PLAYER OF THE WEEK

1984 Joe Nash, NT (Week 4), Kenny Easley, S (Week 9), Dave Brown, CB (Week 10),

Dave Krieg, QB (Week 13)

1985 Dave Krieg, QB & Daryl Turner, WR (Week 2), Terry Taylor, CB (Week 9)

1986 Steve Largent, WR (Week 5), Jacob Green, DE (Week 12)

1987 Fredd Young, LB (Week 2), Steve Largent, WR (Week 6), Brian Bosworth, LB (Week 15)

1988 Jacob Green, DE (Week 2), Dave Krieg, QB (Week 16)

1989 Steve Largent, WR (Week 14)

1990 Dave Krieg, QB (Week 10), Nesby Glasgow, S (Week 12), DE Jacob Green (Week 17)

1991 Rufus Porter, LB (Week 13)

1992 Cortez Kennedy, DT (Week 3)

1993 Chris Warren, RB (Week 3), *Rick Mirer, QB and P Rick Tuten (Week 5),

Eugene Robinson (Week 11)

1994 Chris Warren, RB (Week 5), Robert Blackmon, S (Week 13)

1995 Joey Galloway,* WR (Week 11), Robert Blackmon, S (Week 12),

Todd Peterson, K (Week 14), Robert Blackmon, S (Week 15), Rick Tuten, P (Week 16)

1996 Cortez Kennedy, DT (Week 6), Darryl Williams, S (Week 9), Michael McCrary, Special Teams (Week 10), Rick Tuten, P (Week 15), Michael McCrary, DE (Week 17)

1997 Chad Brown, LB (Week 3), Darryl Williams, S (Week 4),

Warren Moon, QB (Weeks 9 and 11)

1998 Jon Kitna, QB (Week 13)

1999 Charlie Rogers,* PR, Special Teams (Week 3), Shawn Springs, CB (Week 8)

2000 Jon Kitna, QB (Week 11)

2001 Shaun Alexander, RB (Weeks 4 and 9), Charlie Rogers, KR, Special Teams (Week 16)

2002 Shaun Alexander, RB (Week 4), Matt Hasselbeck QB (Week 12),

Ken Lucas CB (Week 15)

2003 Ken Hamlin,* S (Week 2), Bobby Engram, WR, Special Teams (Week 11),

Chad Brown, LB (Week 17)

2004 Tom Rouen, P (Week 2), Ken Lucas, CB (Week 3), Michael Boulware,* S (Week 11), Darrell Jackson, WR (Week 14), Shaun Alexander, RB (Week 16)

2005 Shaun Alexander, RB (Weeks 3, 6, 9), Josh Brown, K (Week 7), Andre Dyson, CB (Week 13), Matt Hasselbeck, QB (Week 5)

2006 Josh Brown, K (Weeks 6 and12)

2007 Lance Laury, LB/ST (Week 3), Nate Burleson, WR/ST (Week 7), Lofa Tatupu, LB (Week 13), Marcus Trufant, CB (Week 14)

2008 Josh Wilson; CB (Week 16)

2010 Leon Washington, KR (Week 3), Olindo Mare, K (Week 7), Jon Ryan, P (Week 17)

2011 Chris Clemons, DE (Week 11), David Hawthorne, LB (Week 13), Doug Baldwin*, WR/ST (Week 14)

2012 Chris Clemons, DE (Week 3), Richard Sherman, CB (Week 10), Leon Washington, RB/ST (Week 12), Russell Wilson*, QB (Week 13), Red Bryant, DE/ST (Week 16)

2013 Richard Sherman, CB (Week 2), Steven Hauschka, K (Week 4), Golden Tate, ST/WR (Week 9), Russell Wilson, QB (Week 13), Richard Sherman, CB (Week 15)

2014 Kam Chancellor, S (Week 3), Russell Wilson, QB (Week 5), Kam Chancellor, S (Week 12), Richard Sherman, CB (Week 13), Russell Wilson, QB (Week 16).

2015 Michael Bennett, DE (Week 7), Russell Wilson, QB (Week 12), Tyler Lockett,* RS (Week 17).

2016 Jon Ryan, P (Week 4), Kam Chancellor, S (Week 10).

2017 Earl Thomas, S (Week 5), Russell Wilson, QB (Week 8), Tyler Lockett, KR (Week 11), Russell Wilson, QB (Week 13).

2018 Frank Clark, DE (Week 6), Michael Dickson*, P (Week 8), Sebastian Janikowski, K (Week 12), Bobby Wagner, LB (Week 13).

2019 Russell Wilson, QB (Week 2), Russell Wilson, QB (Week 9), Jadeveon Clowney, DE (Week 10)

2020 Russell Wilson, QB (Week 1), Michael Dickson, P (Week 2), Russell Wilson, QB (Week 3), Bobby Wagner, LB (Week 8), Michael Dickson, P (Week 15)

**Rookie*

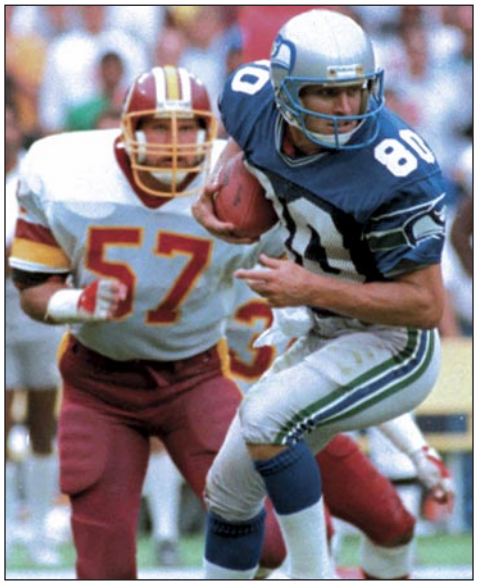
STEVE LARGENT, WR
1976-89

Pro Football Hall of Fame: Steve Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on Saturday, January 28, 1995. Largent was formally inducted in Canton, Ohio, on Saturday, July 29, along with Jim Finks, Henry Jordan, Lee Roy Selmon, and Kellen Winslow. He was presented into the Hall of Fame by Seahawks' Vice President Gary Wright. Largent was the 23rd player to be elected in his first year of eligibility.

NFL Records: Concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1,000-yard seasons, 8. Became only the second player in NFL history to be the career leader in receptions, yards and touchdowns at the same time joining Green Bay's Don Hutson (1945). Ranked third all-time at the time of his retirement with 40-career 100-yard games, trailing Don Maynard (50) and Lance Alworth (41).

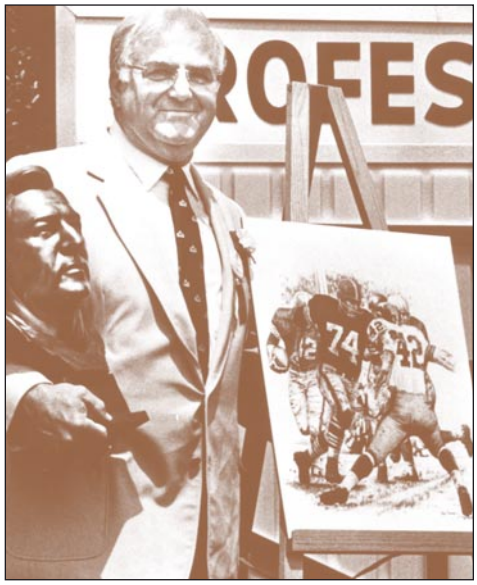
Pro Career: Finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons, failing only in 1977 and 1982, and in the top-five seven times. Led the AFC in receptions in 1978 with 71 and finished second in 1981 (75) and 1987 (58), and was third in the NFC in 1976 (54). The only NFC wide receiver to catch more passes than Largent in 1976 was Dallas' Drew Pearson (58). Largent's total did lead all rookie wide receivers. Finished in the NFL's top 10 in receiving yards seven times, including a first-place finish in 1985, and a second in 1978, missing the lead by one yard. Missed only 10 games in his career due to injury, including six in 1989 with a broken elbow. Selected to play in the AFC-NFC Pro Bowl game seven times, after the 1978, 1979, 1981, 1984, 1985, 1986, and 1987 seasons. Unable to play in the 1979 game because of a wrist injury. Set the Pro Bowl career yardage record with 236 and had 17 Pro Bowl receptions. Originally drafted in the fourth round in 1976 by the Houston Oilers. Was waived by the Oilers on August 24, recalled, and traded to the Seahawks for an eighth-round 1977 draft choice on August 26. The Oilers used that choice to select wide receiver Steve Davis from the University of Georgia.

Seahawks Career: Led the team in both receptions and yards in each of the team's first 12 seasons. Voted by his teammates as the Seahawks' Most Valuable Player after the 1977, 1979, 1981, 1985, and 1987 seasons. Was also elected Offensive Captain from 1979-83 and 1985-89. Third in games played (200) but has more starts (197) than any other player in team history. He was the



first player voted into the team's Ring of Honor on December 23, 1989.

Personal: Represented the 1st District of the State of Oklahoma for four terms. Was elected to the United States House of Representatives on November 8, 1994, and sworn in on November 29. Re-elected to a second two-year term in 1996, and resigned following the first year of his fourth term and sought election as the governor of Oklahoma in November, 2002. Attended Putnam City High School in Oklahoma City, Okla., where he lettered in football and baseball. Steve and his wife, Terry, have three sons, Kyle, Kelly, and Kramer, and a daughter, Casie.



MIKE McCORMACK
1982-88

Pro Football Hall of Fame: Mike McCormack was inducted into the Pro Football Hall of Fame on July 28, 1984. He was one of four players honored in 1984 along with Arnie Weinmeister, Willie Brown and Charley Taylor. McCormack played with the Cleveland Browns from 1954-1962 and served as head coach of the Philadelphia Eagles (1973-75), Baltimore Colts (1980-81) and Seattle Seahawks (1982). He also served as president and general manager of the Seahawks. In 1993, he was hired by the newly formed Carolina Panthers as their team president and general manager. He retired from the Panthers' organization in 1997.

Pro Career: One of the game's greatest offensive tackles, he began his pro football career with the NFL's 1951 New York Yanks where as a rookie he earned the starting right tackle spot. That year he earned the first of six trips to the Pro Bowl, before being called into military service. The Baltimore Colts, who acquired his rights before the start of the 1953 season, traded him to the Cleveland Browns in a massive 15-player deal. Even though the Browns knew McCormack would not be available for a full year, he was the key man in the trade. Coach Paul Brown always considered it one of his wisest personnel moves. In his first season in Cleveland, McCormack, a former University of Kansas star and Chicago native, was asked to fill the middle guard position that had been vacated by the retiring Bill Willis on the defensive unit. It was a tall order, considering Willis would himself be elected to the Hall of Fame. McCormack, not surprisingly, was up to the challenge. He quickly became an important

factor on an excellent Cleveland defensive team. McCormack enjoyed perhaps his most memorable individual moment on the defensive team when, in the 1954 NFL Championship Game, he stole the ball from Detroit Lions quarterback Bobby Layne to set up one of the early touchdowns in a 56-10 Cleveland rout. But it was as an offensive tackle that McCormack made his lasting mark in pro football. Mike was the Browns' offensive right tackle for eight years from 1955 through 1962. During that period, the Browns' forward wall played a major role in assuring a balanced offensive approach and McCormack, equally adept as a blocker on rushing plays and as a quarterback protector, was a stab*ilizing factor throughout the period.*

Seahawks Career: In 1982, McCormack joined the Seattle Seahawks as director of football operations, eventually becoming president and general manager the following season. He also served as the Seahawks' interim head coach for the remainder of the 1982 season when Jack Patera was fired after the first two games. McCormack took over during the 57-day players strike and led the team to a 4-3 record. He then returned to his management position when the Seahawks hired Chuck Knox as their new head coach in 1983. Under McCormack's leadership, the Seahawks enjoyed the franchise's finest years until the mid 2000's. During his seven seasons with the team, Seattle reached the postseason four times, including the AFC Championship Game in 1983.

Personal: McCormack passed away on November 15, 2013. He was survived by his wife, Ann, and four children; Michael, Tim, Molly and Colleen. He was a member of the University of Kansas' all-time team and served as co-captain of the 1950 Jayhawks team.

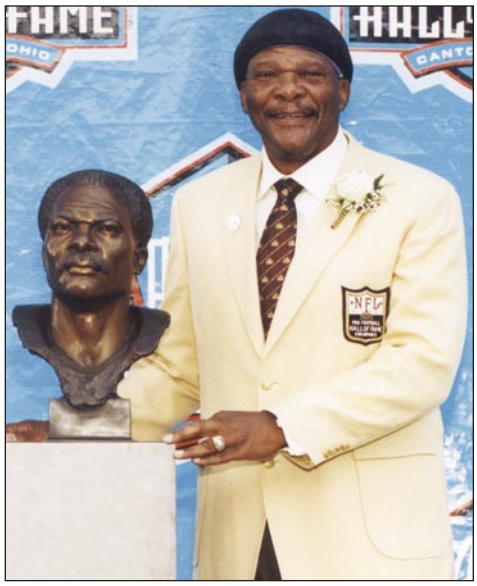
FRANCO HARRIS, RB
1984

Pro Football Hall of Fame: Franco Harris was inducted into the Pro Football Hall of Fame on Saturday, August 4, 1990, along with Buck Buchanan, Bob Griese, Ted Hendricks, Jack Lambert, Tom Landy and Bob St. Clair.

Pro Career: Harris began his pro football career as the Pittsburgh Steelers No. 1 pick and the 13th player selected in the 1972 NFL Draft. For 12 seasons, the 6-2, 230-pounder from Penn State was a big-yardage running back, a key man in the powerful Pittsburgh offensive machine. Harris established himself as a future superstar when he became only the fourth rookie in NFL annals to rush for 1,000 yards. He gained additional attention by being on the receiving end of the famous "Immaculate Reception" pass from Terry Bradshaw that gave the Steelers their first-ever playoff win, a 13-7 victory over the Oakland Raiders. In his 13 seasons, the last of which was spent with the Seattle Seahawks in 1984, Harris rushed 2,949 times for 12,120 yards and 91 touchdowns. He rushed for 1,000 yards or more eight seasons and for more than 100 yards in 47 games. His career rushing total and his combined net yardage figure of 14,622 both ranked as the third highest marks in pro football history at the time of his retirement. Was an All-AFC choice in 1972, 1975, 1976, and 1977 and first- or second-team All-Pro six times. He was selected to nine Pro Bowls. Harris played in five AFC championships – missing a sixth because of injury – and four Super Bowls. In Super Bowl IX, when the Steelers won their first-ever league title with a 16-6 victory over Minnesota, Harris rushed for 158 yards, compared to just 17 yards rushing for the entire Vikings team. He was named the game's Most Valuable Player. Harris held numerous Super Bowl and postseason game records by the end of his career. The most notable include 24 points and 354 yards rushing in four Super Bowls and 17 touchdowns and 1,556 yards rushing in 19 playoff games.

Seahawks Career: Harris played his final NFL season in Seattle in 1984. He played in eight games with six starts and rushed 68 times for 170 yards with one catch for 3 yards.

Personal: Born in Fort Dix, N.J., on March 7, 1950.



CARL ELLER, DE
1979

Pro Football Hall of Fame: Carl Eller was inducted into the Pro Football Hall of Fame on Sunday, August 8, 2004, along with Bob Brown, John Elway and Barry Sanders. He was presented into the Hall of Fame by his son, Regis.

Pro Career: Selected in the 1st round of NFL Draft by Minnesota and AFL Draft by Buffalo in 1964. Eller quickly established himself at left defensive end on the Vikings "Purple People Eaters" defensive line. He amassed 44 sacks from 1975-1977 and named first- or second-team All-NFL each season from 1967-1973, playing in six Pro Bowls. He also was effective in blocking kicks and, during his career he recovered 23 opponents' fumbles, the third best mark in NFL annals at the time of his retirement. It was Eller who caused the now infamous fumble that led to teammate Jim Marshall's wrong-way run for a safety in 1964 in a

game against the San Francisco 49ers. The Vikings won the 1969 NFL championship and NFC crowns in 1973, 1974, and 1976 and played in four Super Bowls.

Seahawks Career: The 16-year NFL veteran of 225 games played his final NFL season in Seattle, playing in all 16 games with 26 tackles and 3.0 sacks.

Personal: Born January 25, 1942, in Winston-Salem, N.C.

WARREN MOON, QB
1997-98

Pro Football Hall of Fame: Warren Moon was elected to the Pro Football Hall of Fame on Saturday, February 4, 2006, the day before the Seahawks played the Pittsburgh Steelers in Super Bowl XL. Moon was formally inducted in Canton, Ohio, on Sunday, August 6, along with Troy Aikman, Harry Carson, John Madden, Reggie White and Rayfield Wright. He was presented into the Hall of Fame by friend, agent and business associate Leigh Steinberg. Moon was the first African-American quarterback to be inducted.

Pro Career: Prior to the 1978 NFL Draft, some NFL scouts suggested that since University of Washington quarterback Warren Moon had played in a rollout rather than a drop-back passing offense, he would be a mid-round pick. Others speculated that since only one African American quarterback, James Harris, had achieved any measurable success in the NFL, Moon would have to play some other position. Regardless of which misguided reason motivated NFL scouts, Moon remained confident of his abilities and opted to sign with the Edmonton Eskimos of the Canadian Football League. He went on to lead the Eskimos to an unprecedented five consecutive Grey Cup victories. Eventually, Moon returned to the United States to play for the Houston Oilers in 1984. He racked up nearly 50,000 passing yards in 17 NFL seasons. Moon set a new club record with 3,338 yards passing in his first year with Houston, a mark he would break four more times. In 1986, when the Oilers installed the run-and-shoot offense, Moon's quarterback skills finally became apparent to all. The wide-open offense showcased Moon's strong arm, running skills, and big-play ability. In 1990, Moon led the league with 4,689 passing yards. He also led the league in attempts (584), completions (362), and touchdowns (33), and tied Dan Marino's NFL record with nine 300-yard games in a season. The following year, he again led the league in passing yards 4,690. At the same time, he joined Hall of Fame quarterbacks Marino and Dan Fouts as the only quarterbacks to post back-to-back 4,000-yard seasons. Moon also established new NFL records that season with 655 attempts and 404 completions. Moon was traded to the Minnesota Vikings before the 1994 season. In his debut season, he passed for 4,264 yards and led the team to the playoffs. In his second season in Minnesota, he again passed for more than 4,200 yards. Moon moved on to the Seattle Seahawks as a free agent in 1997 where the veteran star set franchise records for completions (313) and yards passing (3,678) and earned his ninth Pro Bowl selection. Injuries limited his play in 1998. In 1999, Moon joined the Kansas City Chiefs and spent two seasons as a backup there before retiring. Despite spending his first six professional seasons in the CFL, Moon ranked third all-time in NFL passing yardage and fourth in touchdown passes thrown at the time of his retirement.

Seahawks Career: The 17-year NFL veteran played for the Seahawks from 1997-98, setting the franchise record for passing yards in one season with 3,678 in 1997, since surpassed by Matt Hasselbeck and Russell Wilson. His franchise-record 313 completions in 1997 were also surpassed by Hasselbeck and Wilson. He holds the club record for most consecutive completions (17).

Personal: Named the NFL's Man of the Year in 1989 for his work in the community, Moon established the Crescent Moon Foundation in 1989 to raise money for college academic scholarships in Seattle, Los Angeles, Houston, and Minneapolis/ St. Paul and also has worked as an ambassador for the NFL promoting the game of football both nationally and internationally to young people.

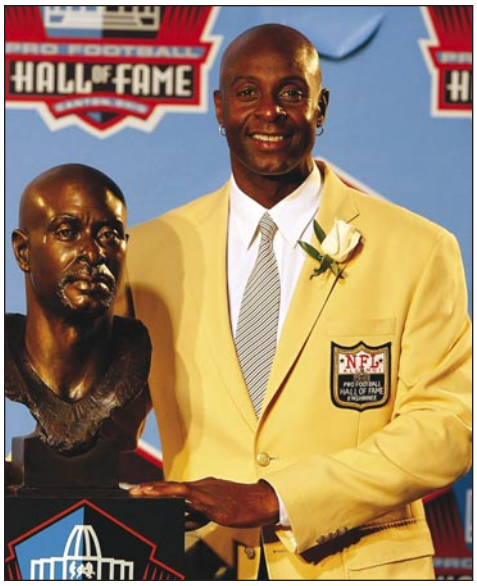
JOHN RANDLE, DT
2001-03

Pro Football Hall of Fame: John Randle was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, Jerry Rice and Emmitt Smith. He was inducted on Saturday, August 7, 2010.

Pro Career: John Randle, a Little All-America from Texas A&I, signed as an undrafted free agent with the Minnesota Vikings in 1990. He embarked on an impressive streak from 1992-01 of 183 games played and 140 starts before a knee injury forced him out of a game. In the 1993 season, Randle registered 12.5 sacks, amassed 59 tackles and forced three fumbles to earn All-Pro honors and a Pro Bowl invitation for the first time. It began a string of six straight All-Pro and Pro Bowl seasons for Randle. He improved his sack total again in 1994 with a NFC-high 13.5 sacks. Randle recorded perhaps his finest season in 1997 when he led the NFL with 15.5 sacks and also had a career-high 71 tackles. In all, Randle amassed 137.5 sacks during his 14-season career. He led the Vikings in sacks nine times and the Seahawks twice. Thirty-five times he recorded multi-sack games including eight games with three or more sacks. Randle was elected to seven Pro Bowls (1994-99, 2002) and named to the NFL's All-Decade Team of the 1990s.

Seahawks Career: Randle played his final three seasons in Seattle, leading the club in sacks twice and making one Pro Bowl. In 43 games with 35 starts, he collected 23.5 sacks.

Personal: Born on December 12, 1967, in Hearne, Texas.



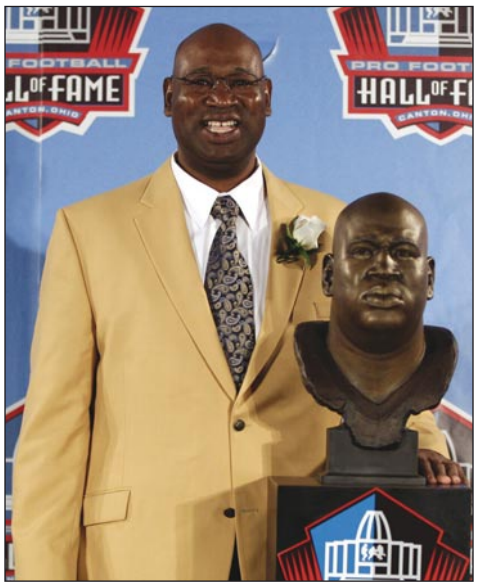
JERRY RICE, WR
2004

Pro Football Hall of Fame: Jerry Rice was elected into the Pro Football Hall of Fame on Saturday, February 6, 2010, along with Russ Grimm, Rickey Jackson, Dick LeBeau, Floyd Little, John Randle and Emmitt Smith. He was inducted on Saturday, August 7, *2010.*

Pro Career: The San Francisco 49ers used their first round draft pick (16th overall) in 1985 on Jerry Rice from little known Mississippi Valley State. In 1986, Rice recorded a season that began perhaps the finest stretch by any receiver in NFL history. That year, he caught 86 passes for a league-leading 1,570 yards. He also led the NFL in touchdown catches with 15. It marked the first of 11 straight 1,000-yard seasons for Rice who also recorded double-digit receiving touchdown totals in nine of the next 10 seasons. The following year, Rice set the NFL record for touchdown receptions in a season with 22. His first of four seasons with 100 catches came in 1990 when he had an even 100 receptions to lead the NFL in that category. He led the NFL in receiving yards six times including an NFL record 1,848 yards in 1995. Rice also led the NFL in touchdown receptions six times. No wide receiver in NFL history played more than Rice's 20 seasons. By the time he retired after finishing his career with Oakland and Seattle, he was the most prolific wide receiver in NFL history with staggering career totals. He owns virtually every significant receiving mark. Some of the more notable career records include receptions (1,549); receiving yards (22,895 yards); most 1,000-yard receiving seasons (14); total touchdowns (208); and combined net yards (23,546). Rice has a hold on multiple NFL playoff and Super Bowl records. He played in eight conference championships and four Super Bowls. He earned three Super Bowl rings with the 49ers and was named the Most Valuable Player of San Francisco's Super Bowl XXIII win over the Cincinnati Bengals. Rice, who was named first-team All-Pro 11 consecutive seasons and voted to 13 Pro Bowls, is also a member of the NFL's All-Decade Teams of the 1980s and 1990s and NFL's 75th Anniversary Team.

Seahawks Career: Rice finished his career in Seattle, playing in 11 games with nine starts in 2004. He caught 24 passes for 362 yards with a long of 56 and three touchdowns.

Personal: Born on October 13, 1962, in Starkville, Miss.



CORTEZ KENNEDY, DT
1990-2000

Pro Football Hall of Fame: Cortez Kennedy was elected to the Pro Football Hall of Fame on Saturday, February 4, 2012, the day before Super Bowl XLVI. Kennedy was formally inducted in Canton, Ohio, on Saturday, August 4, along with Jack Butler, Dermontti Dawson, Chris Doleman, Curtis Martin and Willie Roaf. Kennedy follows only Steve Largent to enter the Hall of Fame representing the Seahawks. He was presented into the Hall of Fame by Dixie Fraley Keller, the widow of long-time agent, financial advisor and friend, Robert Fraley.

Pro Career: The Seattle Seahawks used the third overall selection of the 1990 NFL Draft on All-America defensive tackle Cortez Kennedy from the University of Miami. The move proved to be wise as Kennedy became a fixture on the Seahawks defensive line for 11 seasons. Extremely durable, he did not miss a single game until his eighth season. In his rookie season, Kennedy played in all 16 games, two of which were starts. He produced impressive numbers including a season-high 10 tackles and a sack against the Miami Dolphins. For his efforts, he was named to the NFL's All-Rookie team. The following season Kennedy moved into a full-time starting role at right defensive tackle for the Seahawks and responded by earning his first Pro Bowl berth. In 1992, despite the Seahawks finishing with a disappointing 2-14 record, Kennedy was named the NFL's Defensive Player of the Year. It marked just the third time in league history that a player from a losing team won the Associated Press Defensive Player of the Year Award. He led Seattle that season with a career-high 14 sacks, the most of any interior lineman, and also recorded a career-best 92 tackles, recovered one fumble and batted down two passes. Although he was often double- or even triple-teamed Kennedy managed to lead or rank near the top in tackles each season. In 1996, he was voted to a team record sixth consecutive Pro Bowl and also was named the team's MVP and the winner of the Steve Largent Award given to the player that best exemplified the spirit, dedication and integrity of the Seahawks. He added two more Pro Bowls following the 1998 and 1999 seasons. Kennedy recorded one of his finest seasons in 1999. A 10-year veteran, he started all 16 games, recorded 73 tackles, 6.5 sacks and intercepted two passes to help the Seahawks reach the playoffs for the first time since 1988. In all, he registered 58 sacks, intercepted three passes and scored one touchdown on a fumble recovery during his 167-game career. He twice led the team in sacks (1992 and 1995). Aside from his eight Pro Bowls, Kennedy was named first-team All-NFL in 1992, 1993 and 1994, selected second-team All-Pro twice, All-AFC four times and was named to the NFL's All-Decade Team of the 1990s. On September 17, 2006, Kennedy became the 10th member inducted into the Seahawks Ring of Honor.

Seahawks Career: Kennedy ranks among the top-10 in many Seahawks categories, including: eighth in games played (167), seventh in games started (153), fourth in forced fumbles (13), tenth in tackles (668), fourth in sacks (58.0), fourth in sack yardage (392.0) and second in Pro Bowl nominations (8).

Personal: Born on August 23, 1968, Kennedy attended Northwest Mississippi Community College before transferring to Miami. Prepped at Rivercrest High School in

Wilson, Ark. Kennedy passed away on May 23, 2017. He was survived by his parents, Joe and Ruby Harris, and daughter, Courtney.

WALTER JONES, T

1997-2009

Pro Football Hall of Fame: Walter Jones was elected to the Pro Football Hall of Fame on Saturday, February 1, 2014, the day before Seattle defeated Denver in Super Bowl XLVIII in New York/New Jersey. Jones was formally inducted in Canton, Ohio, on Saturday, August 2, along with Derrick Brooks, Ray Guy, Claude Humphrey, Andre Reed, Michael Strahan and Aeneas Williams. Jones joins Steve Largent and Cortez Kennedy to enter the Hall of Fame representing the Seahawks for their entire careers.

Pro Career: Jones retired from the NFL on April 29, 2010. In his honor, the team immediately retired his number 71 jersey and Governor Christine Gregoire declared the following day, Walter Jones Day, urging all citizens to join her in saluting his remarkable career. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks according to coaches statistics. He was selected to nine Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (1st Team in 2001, 2004, 2005, 2007 and 2nd Team in 2006 and 2008). Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). He was named to his first Pro Bowl following the 1999 season, becoming the first Seattle offensive lineman to accomplish that feat. Jones was part of the offensive line that helped Shaun Alexander to the fourth-best rushing game in NFL history with 266 yards vs. Oakland (11/11/01) and helped Alexander to an NFL-record five first-half touchdowns vs. Minnesota (9/29/02). In 2005, he paved the way for Alexander's MVP year with a Seattle-record 1,880 rushing yards and then-NFL-record 28 total touchdowns.

Seahawks Career: Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He became the first Seahawks player to reach double-digits in postseason appearances and was inducted in to the team's Ring of Honor on November 2, 2014.

Personal: A second-team All-ACC selection as a junior, he transferred to Florida State after two seasons at Holmes (Miss.) Community College, where he was named Mississippi Junior College Player of the Year in 1994. Jones prepped at Aliceville (Ala.) High where he lettered in basketball and football.

KENNY EASLEY, S

1981-87

Pro Football Hall of Fame: Kenny Easley was elected to the Pro Football Hall of Fame on Saturday, February 4, 2017, the day before Super Bowl LI. Easley was formally inducted in Canton, Ohio, on Saturday, August 5, along with Morten Andersen, Terrell Davis, Jerry Jones, Jason Taylor, LaDainian Tomlinson and Kurt Warner. Easley joins Steve Largent, Cortez Kennedy and Walter Jones to enter the Hall of Fame representing the Seahawks for their entire careers. He was presented into the Hall of Fame by his high school football coach, Tommy Rhodes.

Pro Career: Easley was selected in the first round, fourth overall, out of UCLA by the Seattle Seahawks in the 1981 NFL Draft. The Seahawks safety was an intimidating defensive force during his seven-year tenure in Seattle. Easley made an immediate impact on the Seahawks defense earning AFC Defensive Rookie of the Year honors in 1981 after returning three interceptions for 115 yards, including one for an 82-yard touchdown. He also made a career-high four fumble recoveries. Easley rightfully earned his nickname as "The Enforcer" for this style of play on the field. An all-around great athlete, he continued to earn recognition for his abilities including AFC Defensive Player of the Year in 1983. That season, he recorded seven interceptions which he returned for 106 yards and posted a career-high three sacks. The safety was named the NFL's Defensive Player of the Year in 1984 by the Associated Press when he registered a league-leading and career-best 10 interceptions and two pick-sixes. Easley earned first-team All-Pro honors in four straight seasons from 1982-85 and second-team All-Pro honors in 1987. During his career, Easley amassed 32 interceptions which he returned for 538 yards and three touchdowns in 89 games. He was also a dominating tackler before the stat was readily tracked and had eight career sacks. In all, Easley was named to five Pro Bowls and was a member of the NFL's All-Decade Team of the 1980s in addition to his many other honors he earned along his highly impactful career.

Seahawks Career: Started all but two games in his seven seasons, Easley led the team in interceptions on four occasions (1982-84, 1987) and ranks fourth in franchise history with 32 interceptions. Ranks first in Seahawks history in interceptions in a single-season (10) and most interceptions in a single-game (3). He was inducted in to the team's Ring of Honor on October 14, 2002 and finished his career with 498 tackles, 8.0 sacks, 32 interceptions, 10 forced fumbles and 11 fumble recoveries.

Personal: Was the first player in Pac-10 history to be named all-conference for four consecutive years and was a three-time All-American for UCLA. Born in Chesapeake, Va., on January 15, 1959.

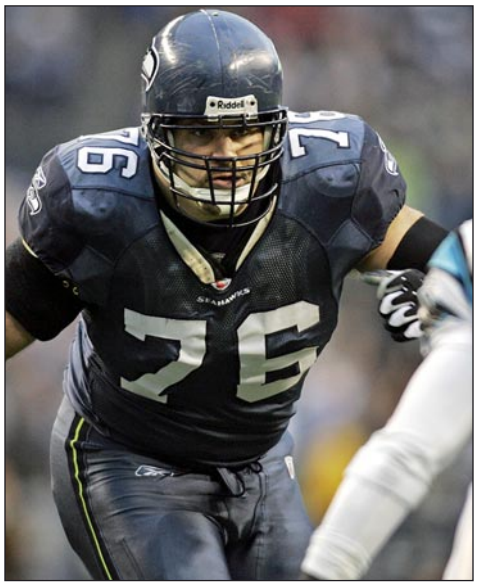
KEVIN MAWAE, C
1994-97

Pro Football Hall of Fame: Kevin Mawae was elected to the Pro Football Hall of Fame on Saturday, February 2, 2019. Mawae was formally inducted in Canton, Ohio, on Saturday, August 3, along with Champ Bailey, Pat Bowlen, Gil Brandt, Tony Gonzalez, Ty Law, Ed Reed and Johnny Robinson.

Pro Career: Played 16 seasons in the NFL, starting 238 of 241 games played for Seattle (1994-97), the N.Y. Jets (1998-2005) and Tennessee Titans (2006-09). Mawae was named All-Pro six times (1999-2002, 2004, 2008), voted to eight Pro Bowls including his final two seasons and selected to the NFL's All-Decade Team for the 2000s. He helped the Jets to a division title and championship game appearance in first season in New York in 1998 and anchored a steady Jets offensive line that led the way for 44 100-yard games and seven 1,000-yard seasons by Hall of Fame running back Curtis Martin. He blocked for a 1,000-yard rusher in 13 of his 16 seasons for five different running backs (Chris Warren, 2; Martin, 7; Travis Henry, 1; LenDale White, 1; Chris Johnson, 2). Finished career in Tennessee with a Pro Bowl season by paving way for a 2,000-yard performance by Johnson.

Seahawks Career: Selected by Seattle in the second-round (36th overall) of the 1994 NFL Draft. Spent majority of college career at tackle before moving to center during senior year at LSU. Played in 14 games, starting 11, during his rookie season and named to the NFL's All-Rookie Team. Played right guard his first two seasons and moved permanently to center in 1996. Started 59 of 62 games played for the Seahawks at both guard and center.

Personal: Born on January 23, 1971 in Savannah, Ga.



STEVE HUTCHINSON, G
2001-05

Pro Football Hall of Fame: Steve Hutchinson was elected to the Pro Football Hall of Fame on Saturday, February 1, 2020, the day before Super Bowl LIV. Due to the COVID-19 pandemic, Hutchinson was formally inducted a year delayed along with Steve Atwater, Isaac Bruce, Edgerrin James, and Troy Polamalu on August 7, 2021. He was presented into the Hall of *Fame by his teammate, Robbie Tobeck.*

Pro Career: Steve Hutchinson was drafted in the first round (17th player overall) of the 2001 NFL Draft by the Seattle Seahawks out of the University of Michigan. He started all 16 games at left guard during his rookie season and cleared the path for running back Shaun Alexander to rush for 1,318 yards and 14 touchdowns. Hutchinson's efforts earned him All-Rookie honors. After missing the final 12 games of the 2002 season with a broken leg, Hutchinson returned in 2003 and embarked on a streak of 123 consecutive starts. That season he also earned the first of five first-team All-Pro selections. Hutchinson continued to lead the way for Seattle's high-powered offense that resulted in back-to-back NFC West Division titles in 2004 and 2005. He paved the way for Alexander to earn the Associated Press' NFL MVP honors in 2005 after rushing for a team-record 1,880 yards and setting an NFL record with 28 touchdowns (27 rushing). The Seahawks total offense that season ranked second in the NFL and the team made its first-ever Super Bowl appearance. The Minnesota Vikings signed the All-Pro guard as a transition-tag free agent in 2006. He made an immediate impact in his new surroundings and was named the NFL Alumni Offensive Lineman of the Year in his first season with the Vikings. In 2008, he led the way for Adrian Peterson to set a then-franchise record for rushing yards in a season (1,760) and become the first Vikings player to win a league rushing title. The next season, with Hutchinson again winning NFL Alumni Offensive Lineman of the Year honors, the Vikings claimed a second-straight division title and advanced to the NFC championship game. In all, Hutchinson earned seven straight Pro Bowl berths (2004-2010) and was a first-team All-Pro selection five times (2003, 2005, 2007-09). He was named All-NFC six times (2003-07, 2009) and is a member of the NFL's All-Decade Team of the 2000s.

Seahawks Career: Started all 68 games played for Seattle over his five-year Seahawks career. Earned three All-Pro honors (1st team 2003 and 2005) and three Pro Bowl selections. Hutchinson continued to lead the way for Seattle's high-powered offense that resulted in back-to-back NFC West Division titles in 2004 and 2005. He paved the way for Alexander to earn the Associated Press' NFL MVP honors in 2005 after rushing for a team-record 1,880 yards and setting an NFL record with 28 touchdowns (27 rushing). The Seahawks total offense that season ranked second in the NFL and the team made its first-ever Super Bowl appearance.

Personal: Was a four-year letterman at Michigan and two-time captain. Became the second player in Michigan history to garner first team All-Big Ten Conference honors four times. Named first-team All-American following his junior and senior seasons, and earned freshman All-American accolades in 1997. Born on November 1, 1977, in Fort Lauderdale, Fla.

EDGERRIN JAMES, RB
2009

Pro Football Hall of Fame: Edgerrin James was elected to the Pro Football Hall of Fame on Saturday, February 1, 2020, the day before Super Bowl LIV. Due to the COVID-19 pandemic, James was formally inducted a year delayed along with Steve Atwater, Isaac Bruce, Steve Hutchinson, and Troy Polamalu on August 7, 2021. He was presented into the Hall of Fame by Colts executive, Jim Irsay.

Pro Career: University of Miami running back Edgerrin James was selected in the first round, 4th overall, of the 1999 NFL Draft by the Indianapolis Colts. The team had great expectations for James as he was picked to replace the recently traded and future Hall of Famer Marshall Faulk. James did not disappoint. His powerful running style and versatility led to a spectacular start to his career. James was tabbed as the NFL's Rookie of the Year in 1999, captured NFL rushing titles in his first two seasons (1,553 yards in 1999 and career-best 1,709 yards in 2000) and scored 13 rushing TDs in each of his first two campaigns. He also caught 62 passes and 4 TDs as a rookie and a career-high 63 receptions and five TDs in his second season. James led the team in rushing in six of his seven seasons in Indianapolis and was a key to the potent Colts offense that helped them win four division titles and post six seasons with 10 or more wins. Prior to the 2006 season, James signed with the Arizona Cardinals as an unrestricted free agent and continued his all-star play. He rushed for 1,000 yards twice in three seasons with the Cardinals and helped them win the NFC West title in 2008 (the team's first division championship in 33 years) and a berth in Super Bowl XLIII. James eclipsed 1,000 yards in a season seven times during his career and topped 1,500 yards four times. A four-time Pro Bowl choice, James rushed for 12,246 yards on 3,028 carries and 80 TDs during his 11-year career which ended with a final season with the Seattle Seahawks in 2009. A three-time All-Pro choice (1999-2000 and 2004) and All-AFC selection four times (1999-2000, 2004-05), James was named to the NFL's All-Decade Team of the 2000s.

Seahawks Career: James signed with Seattle August 25, 2009, and played in the first seven games of the season before being released on November 3. He rushed 46 times for 125 yards and had three receptions for 19 yards.

Personal: James ranks third all-time for most rushing yards at the University of Miami and became the first player to rush for back-to-back 1,000-yard seasons. Was inducted into the University of Miami Sports Hall of Fame in 2009. Born on August 1, 1978.

TOM FLORES
1989-94

Pro Football Hall of Fame: Tom Flores was elected to the Pro Football Hall of Fame on Saturday, February 6, 2021, the day before Super Bowl LV. Flores was formally inducted in Canton, Ohio, along with Alan Faneca, Calvin Johnson, John Lynch, Peyton Manning, Bill Nunn, Drew Pearson and Charles Woodson on August 8.

Pro Career: Was a head coach in the NFL for 12 seasons (Oakland/L.A. Raiders, 1979-87; Seattle, 1992-94), posting a 97-87 regular season record and 8-3 postseason record (105-90 overall), winning two Super Bowl championships. He was the first minority head coach to win a championship. Served as assistant coach for the Raiders for seven seasons before being named head coach in 1979, leading the team to a Super Bowl XV title over Philadelphia in his second season. Won second Super Bowl championship with the Raiders three years later over Washington in Super Bowl XVIII. At the time, his two Super Bowl coaching victories ranked behind only Chuck Noll. His Raiders teams won 11 or more games in a season four times and he was named AFC Coach of the Year after leading team to best record in the AFC in strike-shortened 1982 season (8-1). The Raiders captured three division titles over a four-year span (1982, 1983, 1985). He is a four-time Super Bowl winner (one as a player, one as assistant coach and two as a head coach), and one-time Pro Bowler (1966) during his playing career.

Seahawks Career: Named president/general manager on February 22, 1989, Flores moved to the sideline and was named president/head coach on January 6, 1992, following Chuck Knox's nine-year tenure. As general manager, Flores made the trade with the New England Patriots to move up and acquire future Hall of Famer and Seahawks Ring of Honor member, Cortez Kennedy, in the 1990 draft. On January 19, 1993, Flores was named general manager/head coach, as David Behring took over the role of team president. His three-year total as head coach was a 14-34 record with his best seasons coming in 1993 and 1994 (6-10 records). He was relieved of his duties on December 29, 1994.

Personal: He is a member of the University of the Pacific Athletics Hall of Fame, Fresno County Athletic Hall of Fame, California Sports Hall of Fame and the Bay Area Sports Hall of Fame. Born on March 21, 1937 in Fresno, Calif.

RING OF HONOR

80 | WIDE RECEIVER
STEVE LARGENT

Height: 5-11	**Weight:** 191
Seasons	14 Seahawks Seasons
How Acq'd	Trade (Houston) 1976
Career G/S	200/197
Born	September 28, 1954
College	Tulsa
Hometown	Tulsa, Oklahoma
Ring of Honor	December 23, 1989

'95 | AP 1ST TEAM '85 | AP 2ND TEAM '78 | AP 2ND TEAM '79 | AP 2ND TEAM '84 | AP 2ND TEAM '87 | PRO BOWL '78 | '79 | '81 | '84 | '85 | '86 | '87 | MAN OF THE YEAR

The inaugural inductee into the Ring of Honor in 1989, Steve Largent concluded his 14 National Football League seasons with league career records for receptions, 819; yards, 13,089; touchdowns, 100; consecutive games with a reception, 177; 50-catch seasons, 10; and 1000-yard seasons, 8. Largent became the first Seahawks player to be elected to the Pro Football Hall of Fame on July 29, 1995, and only the 23rd player to be elected in first year of eligibility. He finished in the AFC's (NFC in 1976) top 10 in receptions 10 times in his first 12 seasons. Led the AFC in receptions in 1978 with 71 and finished second in 1981 and 1987. Largent finished in the top 10 in receiving yards seven times, including a first-place finish in 1985, and second in 1978, missing the lead by one yard. Selected to play in the Pro Bowl seven times (1978, 1979, 1981, 1984, 1985, 1986, and 1987) and was first-team All-NFL (AP) in both 1979 and 1985. Largent led the team in both receptions and yards in each of the team's first 12 seasons. Third in games played (200) but has more starts (197) than any other player in Seahawks history. After retiring from the game in 1989, Largent would gain political aspirations and represented the 1st District of the State of Oklahoma for four terms. He would then serve and be re-elected for his home state in the United States House of Representatives before resigning in his first-year of his fourth term to pursue the governorship of Oklahoma.

LARGENT'S SINGLE-GAME HIGHS

- **Receptions:** *15 vs. Detroit (10/18/87)
- **Yards:** *261 vs. Detroit (10/18/87)
- **Longest:** 74 vs. San Diego (11/27/77)
- **Most TDs:** 3, 3 times, last vs. Detroit (10/18/87)

ADDITIONAL STATS

- **Passing:** 7 attempts, 2 complete for 29 yards.
- **Punt Returns:** 8 for 68 yards, 8.5 average, 12 long, 1 fair catch.
- **Kickoff Returns:** 8 for 156 yards, 19.5 average, 30 long.
- **Scoring:** 1 TD rushing (1981), 1 PAT (1985).

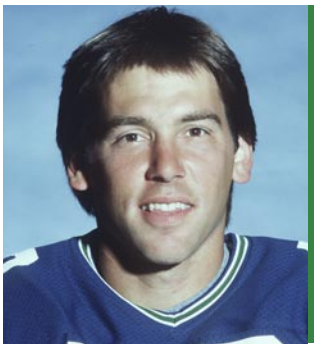
*Team Record

LARGENT'S NFL RECORD

			Receiving					Rushing			
	Club	**G/S**	**No.**	**Yds.**	**Avg.**	**LG**	**TD**	**Att.**	**Yds.**	**Avg.**	**TD**
1976	Seattle	14/13	54	705	13.0	45	4	4	-14	-3.5	0
1977	Seattle	14/14	33	643	19.4	74	10	0	0	0.0	0
1978	Seattle	16/16	71	1,168	16.5	57	8	0	0	0.0	0
1979	Seattle	15/15	66	1,237	*18.7	55	9	0	0	0.0	0
1980	Seattle	16/16	66	1,064	16.1	67	6	1	2	2.0	0
1981	Seattle	16/16	75	1,224	16.3	57	9	6	47	7.8	1
1982	Seattle	8/8	34	493	14.5	45	3	1	8	8.0	0
1983	Seattle	15/14	72	1,074	14.9	46	11	0	0	0.0	0
1984	Seattle	16/16	74	1,164	15.7	65	12	2	10	5.0	0
1985	Seattle	16/16	79	*1,287	16.3	43	6	0	0	0.0	0
1986	Seattle	16/16	70	1,070	15.3	38	9	0	0	0.0	0
1987	Seattle	13/13	58	912	15.7	58	8	2	33	16.5	0
1988	Seattle	15/15	39	645	16.5	46	2	1	-3	-3.0	0
1989	Seattle	10/9	28	403	14.4	33	3	0	0	0.0	0
Career Totals		**200/197**	***819**	***13,089**	**16.0**	**74**	***100**	**17**	**81**	**4.9**	**1**
Seahawks Totals		**200/197**	**819**	**13,089**	**16.0**	**74**	**100**	**17**	**81**	**4.9**	**1**

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988:1/1, **Career: 7/7**

RING OF HONOR



10 | QUARTERBACK
JIM ZORN

Height: 6-2	**Weight:** 200
Seasons	9 Seahawks Seasons
Seattle G/S	126/100
Career G/S	140/106
Born	May 10, 1953
College	Cal Poly-Pomona
Hometown	Whittier, California
Ring of Honor	August 3, 1991

AP 2ND TEAM

'78

Inducted into the Ring of Honor in 1991, Jim Zorn was the starting quarterback for the Seahawks during their inaugural season in 1976 and would remain at the helm for the next seven years. Named the NFC Offensive Rookie of the Year in 1976 as he led the NFL in attempts with 439 and set a then-record 2,571 passing yards, which was also a record for an expansion team. By the end of the 1979 season, Zorn became only the third player to throw for 10,000 yards in his first four seasons. In 1978, he earned numerous accolades, which included being named AFC Player of the Year by the Washington D.C. Touchdown Club and first-team All-NFL by the NEA. Zorn, along with former Seahawks QB Matt Hasselbeck, are the only two Seahawks quarterbacks to throw for 300 yards in back-to-back games which he accomplished twice, once in 1979 and again in 1981. Zorn finished his career leading the Seahawks in every passing category amassing 20,122 passing yards and 107 touchdown passes.

ZORN'S SINGLE-GAME HIGHS

- **Attempts:** 49 vs. Philadelphia (12/12/76)
- **Completions:** 31 vs. Kansas City (9/27/81)
- **Yards:** 384 vs. New Orleans (11/18/79)
- **Longest:** 82 vs. Cincinnati (9/25/77) to David Sims
- **Most TDs:** 4, 4 times, last vs. New England (9/21/80)
- **Interceptions:** 6 vs. Detroit (10/24/76)

ZORN'S NFL RECORD

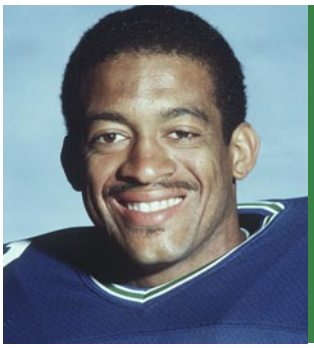
PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1976	Seattle	14	439	208	2,571	.473	12	27	80	25/196	49.5
1977	Seattle	10	251	104	1,687	.414	16	19	82	12/51	54.3
1978	Seattle	16	443	248	3,283	.560	15	20	64	44/284	72.1
1979	Seattle	16	505	285	3,661	.564	20	18	65	23/201	77.7
1980	Seattle	16	488	276	3,346	.566	17	20	67	44/341	72.3
1981	Seattle	13	397	236	2,788	.594	13	9	80	24/201	82.4
1982	Seattle	9	245	126	1,540	.514	7	11	50	20/152	61.9
1983	Seattle	16	205	103	1,166	.502	7	7	43	9/64	64.8
1984	Seattle	16	17	7	80	.412	0	2	21	1/8	16.4
1985	Green Bay	13	123	56	794	.455	4	6	56	11/89	57.4
1987	Tampa Bay	1	36	20	199	.556	0	2	26	7/43	48.3
Career Totals		**140**	**3,149**	**1,669**	**21,115**	**.530**	**111**	**141**	**82**	**220/1,630**	**67.3**
Seahawks Totals		**126**	**2,990**	**1,593**	**20,122**	**.533**	**107**	**133**	**82**	**202/1,498**	**67.9**

RUSHING

Year	Club	G	Att.	Yds.	Avg.	LG	TD
1976	Seattle	14	52	246	4.7	19	4
1977	Seattle	10	25	141	5.6	15	1
1978	Seattle	16	59	290	4.9	23	6
1979	Seattle	16	46	279	6.1	41	2
1980	Seattle	16	44	214	4.9	25	1
1981	Seattle	13	30	140	4.7	20	1
1982	Seattle	9	15	113	7.5	35	1
1983	Seattle	16	30	71	2.4	18	1
1984	Seattle	16	7	-3	-0.4	7	0
1985	Green Bay	13	10	9	0.9	8	0
1987	Tampa Bay	1	4	4	1.0	5	0
Career Totals		**140**	**322**	**1,504**	**4.7**	**41**	**17**
Seahawks Totals		**126**	**308**	**1,491**	**4.8**	**41**	**17**

RING OF HONOR



22 | CORNERBACK
DAVE BROWN

Height: 6-1	**Weight:** 197
Seasons	11 Seahawks Seasons
How Acq'd	Veteran Allocation (Pit)
Career G/S	172/159
Born	January 16, 1953
College	Michigan
Hometown	Akron, Ohio
Ring of Honor	August 22, 1992

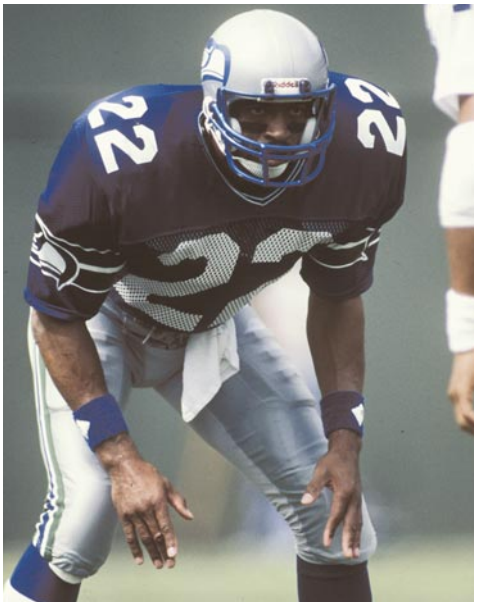
AP 2ND TEAM '84 | AFC-NFC PRO BOWL '84

Inducted into the Ring of Honor in 1992, Dave Brown was an 11-year starter in the Seahawks' secondary from 1976-86. Coming over from the Pittsburgh Steelers in the Veteran Allocation Draft in 1976, Brown played at the free safety position leading the team with four interceptions. The following season No. 22 would shift over to the right-side cornerback position where he would be the "cornerstone" of the Seahawks' defense for the next 10 years, picking off another 46 passes, retiring as the all-time Seahawks leader in the category with 50. In 1984, Brown picked off eight passes and was named to the AFC Pro Bowl squad and first-team All-NFL by NFL Films. Two of those interceptions were part of a NFL-record four interception returns for touchdowns on November 4, 1984, against the Kansas City Chiefs. Brown had returns of 90 and 58 yards. Brown retired as the Seahawks' leader in interception return yards (643), interception returns for touchdowns (5), and the aforementioned interceptions (50).

BROWN'S SINGLE-GAME HIGHS

- **Interceptions:** 2, 5 times, last vs. Kansas City (11/4/84)
- **Longest Interception Return:** 90 vs. Kansas City (11/4/84)
- **Most Yards Returned:** *148 vs. Kansas City (11/4/84)
- **Most Touchdowns:** *2 vs. Kansas City (11/4/84)

*Team Record



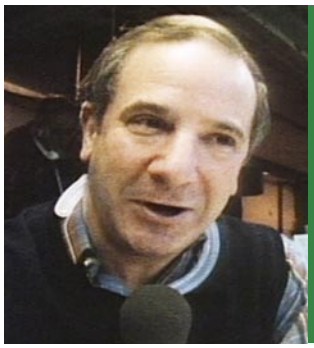
BROWN'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1975	Pittsburgh	13/0	6	0.0	0	0	0.0	0	0	0	0
1976	Seattle	14/14	111	0.0	4	70	17.5	33	0	2	0
1977	Seattle	14/14	64	0.0	4	68	17.0	29	1	0	0
1978	Seattle	16/16	41	0.0	3	44	14.7	44	0	0	3
1979	Seattle	16/16	65	0.0	5	46	9.2	23	0	0	0
1980	Seattle	16/16	63	1.0	6	32	5.2	24	0	0	0
1981	Seattle	10/10	48	0.0	2	2	1.0	2	0	1	1
1982	Seattle	9/9	50	1.0	1	3	3.0	3	0	0	2
1983	Seattle	16/16	54	0.0	6	83	11.2	37	0	6	2
1984	Seattle	16/16	54	0.0	8	*179	22.4	90	2	0	1
1985	Seattle	16/16	61	0.0	6	58	9.7	28	1	0	1
1986	Seattle	16/16	73	0.0	5	58	11.6	24	1	1	1
Career Totals		**172/159**	**690**	**2.0**	**50**	**643**	**12.9**	**90**	**5**	**10**	**11**
Seahawks Totals		**159/159**	**684**	**2.0**	***50**	***643**	**12.9**	**90**	***5**	**10**	**11**

PUNT RETURNS

	Club	No.	Yds.	Avg.	LG	TD
1975	Pittsburgh	22	217	9.9	48	0
1976	Seattle	11	74	6.7	19	0
Career Totals		**33**	**291**	**8.8**	**48**	**0**

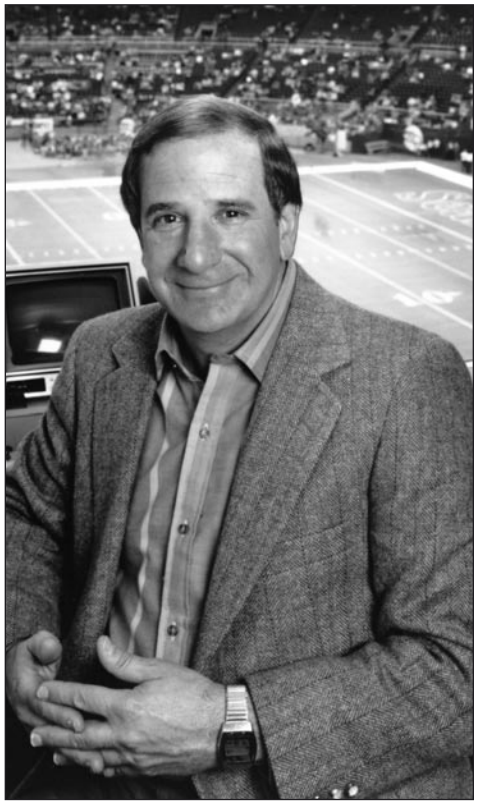
Playoff Games Played/Started: 1975: 3/0, 1983: 3/3, 1984: 2/2. **Career:** 8/5



RADIO PLAY-BY-PLAY
PETE GROSS

Seasons	17 Seahawks Seasons (1976-92)
Born	December 28, 1936
Hometown	Whittier, California
Ring of Honor	November 30, 1992

Inducted into the Seahawks' Ring of Honor in 1992, Pete Gross served as the radio play-by-play for 17 seasons from the Seahawks' inaugural 1976 season through 1992. One of the most beloved people to have ever been associated with the Seahawks' franchise, fans will never forget his numerous "touchdown Seahawks" calls. Over his 17 seasons, Gross called all but the five games he missed in 1992 while battling cancer. His career included eight playoff games and in the 1983 season Gross came within one game of the Super Bowl when Seattle faced the Los Angeles Raiders in the AFC Championship Game. The Seahawks lost that game 30-14. Gross was diagnosed with cancer in 1989. He succumbed to the disease in 1992, just two days after his induction into the Ring. He was inducted into the Ring during a Monday night game versus the Denver Broncos, a game the 2-14 Seahawks won in overtime. Prior to moving to the Seahawks, he was the play-by-play voice of the University of Washington in both football and basketball. He came to Seattle after calling play-by-play for the University of the Pacific. Gross' legacy remains; the Seahawks are actively involved with the Pete Gross House. The Pete Gross House, which opened in November of 1999, is a 69-unit apartment complex that provides housing for families undergoing treatment at the Fred Hutchinson Cancer Research Center. The Pete Gross House is also the location of the Hutch School, a fully accredited K through 12 school for cancer patients and their siblings. The Seahawks took an active roll in seeing the project through to completion and participate in an annual fundraiser for the continued upkeep of the facility.



Gross was inducted into the Seahawks' Ring of Honor during the Seahawks Monday night game versus the Denver Broncos. The Seahawks won the game and presented Gross with the game ball. Gross passed away three days later.

RING OF HONOR

28 | RUNNING BACK
CURT WARNER

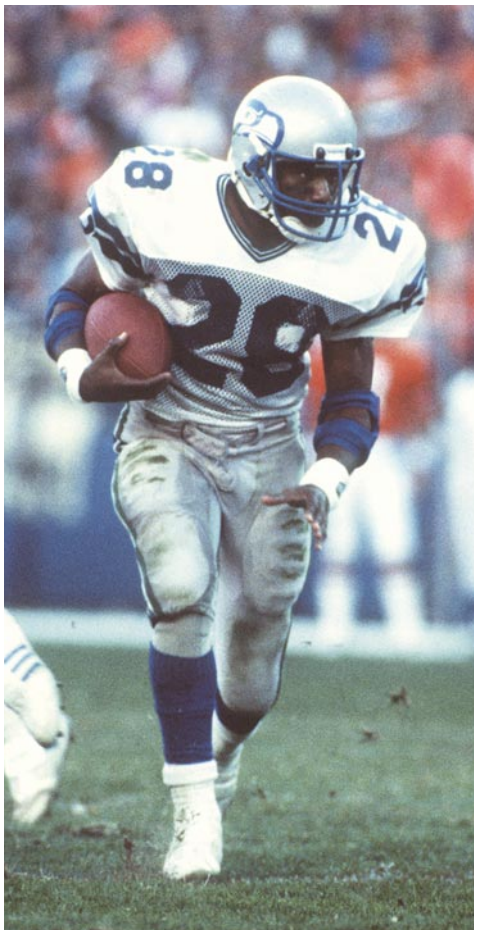
Height: 5-11	**Weight:** 205
Seasons	7 Seahawks Seasons
How Acq'd	1st Round 1983
Career G/S	100/94
Born	March 18, 1961
College	Penn State
Hometown	Wyoming, West Virginia
Ring of Honor	November 27, 1994

AP 2ND TEAM '83 | AP 2ND TEAM '86 | AP 2ND TEAM '87 | AFC-NFC Pro Bowl '83 | AFC-NFC Pro Bowl '86 | Pro Bowl '87

Curt Warner was inducted into the Ring of Honor on November 27, 1994, after a career that spanned seven years from 1983-89 and saw him hold every Seahawks rushing record when he was done. Immediately thrust into the Seahawks' lineup his rookie season, Warner would rush for 1,449 yards and 13 touchdowns highlighted by a then-Seahawks record 207-yard effort against Kansas City. The season was capped off by being named a starter in the Pro Bowl, 1983 AFC Player of the Year by the Washington D.C. Touchdown Club and NFLPA, AFC Offensive Player of the Year by the NFLPA and UPI, second-team All-NFL by the AP and Football Digest and first-team All-Rookie by Pro Football Digest and Pro Football Weekly. After suffering a season-ending injury in the first game of 1984, Curt would bounce back in 1985 rushing for 1,094 yards and being named the NFL's Comeback Player of the Year by Sports Illustrated. Warner would not look back his final three seasons leading the team in rushing each year, averaging 1,164 a season and 10 touchdowns, including a then-Seahawks record four touchdowns vs. Denver in 1988. Warner would be named to two more Pro Bowls (1986-87) bringing his career total to three, and was named AFC Offensive Player of the Year by the UPI in 1986, and first-team All-NFL by Sports Illustrated in 1987. He finished his career with 6,705 yards rushing on 1,649 carries with 62 touchdowns. He is currently second all-time in Seahawks history in attempts (1,649), third in rushing yards (6,705) and touchdowns (55) and fourth in total touchdowns (62).

WARNER'S SINGLE-GAME HIGHS

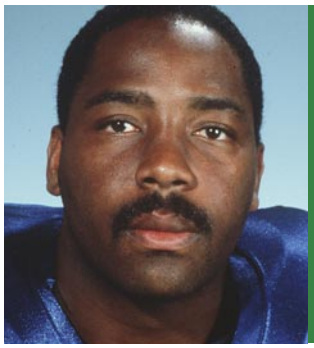
- **Rushes:** 32 vs. KC (11/27/83) OT
- **Yards:** 207 vs. KC (11/27/83) OT
- **Longest, no TD:** 60 vs. Kansas City (9/4/83)
- **Longest, TD:** 60 vs. Denver (12/20/86)
- **TDs:** 4 vs. Denver (12/11/88)
- **Receptions:** 6, 4 times, last vs. KC (11/9/86)
- **Yards:** 72 vs. Kansas City (9/4/83)
- **TDs:** 1, 6 times , last vs. L.A. Raiders (11/28/88)



WARNER'S NFL RECORD

			Receiving					Rushing				
	Club	**G/S**	**Att.**	**Yds.**	**Avg.**	**LG**	**TD**	**No.**	**Yds.**	**Avg.**	**LG**	**TD**
1983	Seattle	16/16	335	1,449	4.3	60	13	42	325	7.7	28	1
1984	Seattle	1/1	10	40	4.0	9	0	1	19	19.0	19	0
1985	Seattle	16/16	291	1,094	3.8	38	8	47	307	6.5	27	1
1986	Seattle	16/16	319	1,481	4.6	60	13	41	342	8.3	26	0
1987	Seattle	12/12	234	985	4.2	57	8	17	167	9.8	30	2
1988	Seattle	16/16	266	1,025	3.9	29	10	22	154	7.0	17	2
1989	Seattle	16/15	194	631	3.3	34	3	23	153	6.7	24	1
1990	LA Rams	7/2	49	139	2.8	9	1	0	0	0.0	0	0
Career Totals		**100/94**	**1,698**	**6,844**	**4.0**	**60**	**56**	**193**	**1,467**	**7.6**	**30**	**7**
Seahawks Totals		**93/92**	**1,649**	**6,705**	**4.1**	**60**	**55**	**193**	**1,467**	**7.6**	**30**	**7**

RING OF HONOR



79 | DEFENSIVE END
JACOB GREEN

Height: 6-3	**Weight:** 252
Seasons	12 Seahawks Seasons
How Acq'd	1st Round 1980
Career G/S	180/176
Born	January 21, 1957
College	Texas A&M
Hometown	Pasadena, Texas
Ring of Honor	September 3, 1995

'86 '87

Jacob Green became the second Seahawks defensive player to be inducted into the Ring of Honor on September 3, 1995. Green was a fixture at the left defensive end position for 11 years (1980-91). From the time the NFL made it an official statistic in 1982 until his retirement, Jacob was the third-most productive sack artist in the game, trailing only the likes of Lawrence Taylor and Reggie White. In 1983, Green registered a single-game Seahawks record 3.5 sacks against the Los Angeles Raiders, and the NFL's longest interception return for the season, a 73-yard touchdown at Cleveland. The following year, Green equaled a team-record four fumble recoveries and registered a then-playoff record 2.5 sacks in a Wild Card game against the Los Angeles Raiders. Green's career was highlighted by two Pro Bowl selections in 1986 and 1987. In 1986, he set a Seattle record with 4.0 sacks vs. the Giants. Green can be found scattered all over the Seahawks' record book having played in the fifth-most games (178), third-most starts (176), most fumble recoveries (17), fifth-most tackles (718), and most career sacks (116.0).

GREEN'S SINGLE-GAME HIGHS

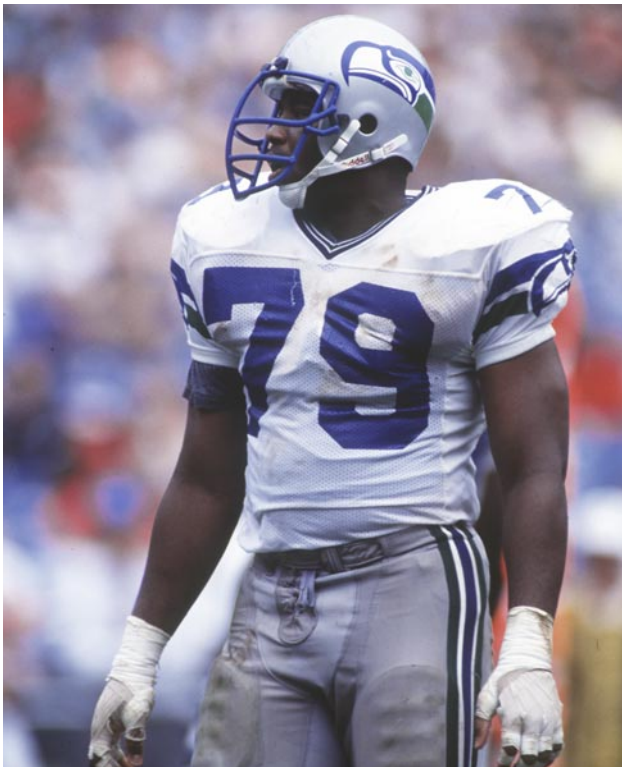
- **Scoring:** 2 TDs on interception returns (1983, 1985); 2 TDs on fumble returns (1985, 1988)
- **Blocked Kicks:** PAT (1986, 1989); FG (1985, 1988)

GREEN'S NFL RECORD

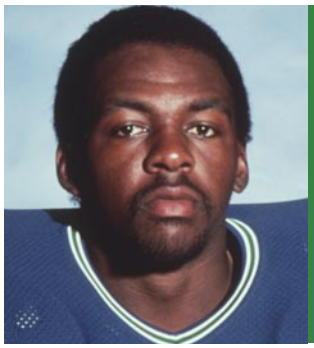
	Club	G/S	Tkl.	QB	Int.	FF	FR
1980	Seattle	14/13	58	6.5	0	0	0
1981	Seattle	16/16	74	12.0	0	6	1
1982	Seattle	9/9	36	3.0	0	1	0
1983	Seattle	16/16	61	16.0	1	1	2
1984	Seattle	16/16	69	13.0	0	4	4
1985	Seattle	16/16	92	13.5	1	*7	2
1986	Seattle	16/16	64	12.0	0	1	1
1987	Seattle	12/12	48	9.5	0	3	1
1988	Seattle	16/16	54	9.0	0	1	2
1989	Seattle	15/14	47	3.0	0	1	1
1990	Seattle	16/16	60	12.5	0	3	1
1991	Seattle	16/16	56	6.0	1	0	0
1992	San Francisco	2/0	1	0.0	0	0	0
Career Totals		**180/176**	**720**	**116.0**	**3**	**28**	**15**
Seahawks Totals		**178/176**	**719**	***116.0**	**3**	***28**	**15**

*Team Record

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2, 1987: 1/1, 1988: 1/1. **Career:** 7/7



RING OF HONOR



45 | SAFETY
KENNY EASLEY

Height: 6-3	**Weight:** 198
Seasons	7 Seahawks Seasons
How Acq'd	1st Round 1981
Career G/S	89/87
Born	January 15, 1959
College	UCLA
Hometown	Chesapeake, Virginia
Ring of Honor	October 14, 2002

'17 | AP 1ST TEAM '83 | AP 1ST TEAM '84 | AP 1ST TEAM '85 | '82 | '83 | '84 | '85 | '87

Kenny Easley was inducted into the Ring of Honor on October 14, 2002, with a sellout crowd and millions watching the Monday Night Football halftime ceremony at home and elected to the Pro Football Hall of Fame on February 4, 2017. Easley redefined the strong safety position in seven years from 1981-87. Voted by the Associated Press as the NFL Defensive Player of the Year in 1984, Easley had 32 interceptions in his storied career. This fierce hitter registered 107 tackles, three interceptions and returned an interception 82 yards vs. Cleveland in his rookie campaign, earning him AFC Rookie of the Year by the NFL Players' Association. The following season, Easley would earn the first of five Pro Bowl appearances, including being named a starter from 1983-85, and again in 1987. The crowning jewel of Easley's career came in 1984 where he spearheaded the NFL's sixth-rated defense that culminated into a Seahawks record 12 wins in the regular season and a Wild Card victory over the rival Los Angeles Raiders. He tied a Seahawks team record by intercepting 10 passes, including three against San Diego on October 29. Easley would be named first-team All-NFL by the Associated Press for the second year in a row and was bestowed that honor again in 1985. Easley finished his career with 498 tackles, eight sacks, 10 forced fumbles, 11 fumble recoveries, and 32 interceptions.

EASLEY'S SINGLE-GAME HIGHS

- **Interceptions:** *3 vs. San Diego (10/29/84)
- **Longest Interception Return:** 82 vs. Cleveland (12/20/81)
- **Most Yards Returned:** 125 vs. Cleveland (12/20/81)
- **Most Touchdowns:** 1, 3 times, last vs. Kansas City (11/4/84)

*Team Record

EASLEY'S NFL RECORD

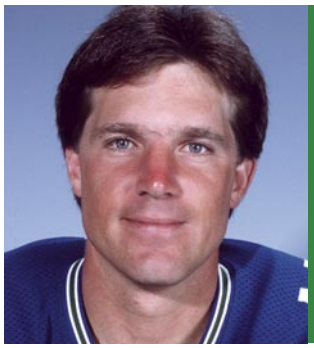
	Club	G/S	Tkl.	QB	Int.	Yds.	Avg.	LG	TD	FF	FR
1981	Seattle	14/14	107	0.0	3	155	51.7	82	1	0	4
1982	Seattle	8/8	55	2.0	4	48	12.0	44	0	1	1
1983	Seattle	16/15	82	3.0	7	106	13.2	38	0	1	3
1984	Seattle	16/16	75	0.0	*10	126	12.6	58	2	3	1
1985	Seattle	13/13	79	2.0	2	22	11.0	16	0	3	1
1986	Seattle	10/10	59	1.0	2	34	17.0	24	0	2	0
1987	Seattle	12/11	41	0.0	4	47	11.8	22	0	0	1
Career Totals		**89/87**	**498**	**8.0**	**32**	**538**	**15.8**	**82**	**3**	**10**	**11**
Seahawks Totals		**89/87**	**498**	**8.0**	**32**	**538**	**15.8**	**82**	**3**	**10**	**11**

PUNT RETURNS

	Club	No.	Yds.	Avg.	LG	TD
1982	Seattle	1	15	15.0	15	0
1983	Seattle	1	6	6.0	6	0
1984	Seattle	16	194	12.1	42	0
1985	Seattle	8	87	10.9	25	0
Career Totals		**26**	**302**	**11.6**	**42**	**0**

Playoff Games Played/Started: 1983: 3/3, 1984: 2/2. **Career:** 5/5

RING OF HONOR



17 | QUARTERBACK
DAVE KRIEG

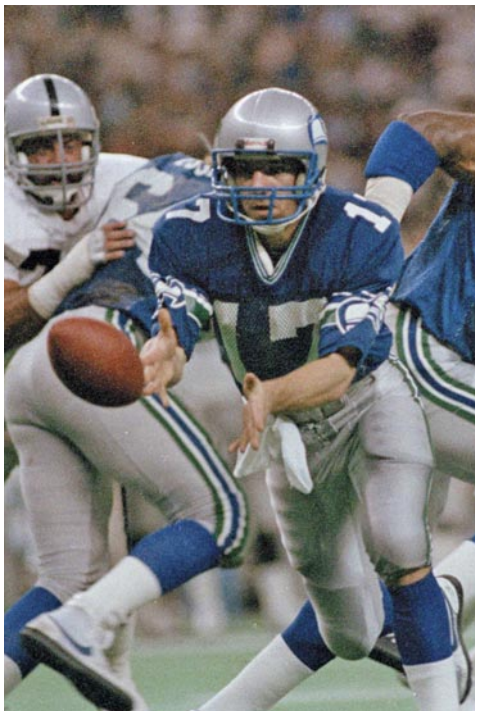
Height: 6-1	**Weight:** 196
Seasons	12 Seahawks Seasons
How Acq'd	Free Agent 1980
Career G/S	213/175
Born	October 20, 1958
College	Milton
Hometown	Schofield, Wisconsin
Ring of Honor	September 26, 2004

'84 '88 '89

Dave Krieg became the eighth member of the Seahawks' Ring of Honor on September 26, 2004. Krieg spent the first 12 years (1980-91) of his 19-year NFL playing career with the Seahawks while becoming the club's all-time leader in 31 career, season and single-game passing categories at the time of his departure. Krieg originally joined the Seahawks as an undrafted free agent from Milton College in 1980, and became the regular starter nine games into the 1983 season. The three-time Pro Bowler (1984, 1988 and 1989) was the only Seattle quarterback with a playoff victory and led the Seahawks to their only conference championship game in 1983, a club-record 12 wins and the playoffs in 1984, and back-to-back playoff appearances again in 1987 and 1988, since matched and surpassed by Matt Hasselbeck and Russell Wilson.

KRIEG'S SINGLE-GAME HIGHS

- **Attempts:** 51 vs. Atlanta (10/13/85)
- **Completions:** 33 vs. Atlanta (10/13/85)
- **Yards:** 418 vs. Denver (11/20/83)
- **Longest:** 80t vs. Denver (11/25/84)
- **Most TDs:** 5*, 3 times, last vs. L.A. Raiders (11/28/88)
- **Interceptions:** 5 vs. Kansas City (12/9/84)

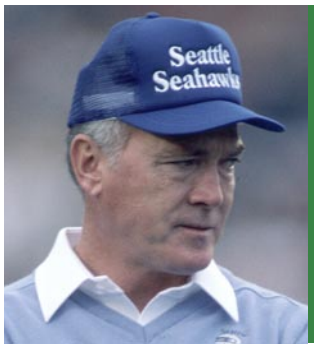


KRIEG'S NFL RECORD

PASSING

Year	Club	G	Att.	Comp.	Yds.	Pct.	TD	Int.	LG	Sacked	Rate
1980	Seattle	1	2	0	0	0.0	0	0	0	1/6	2.1
1981	Seattle	7	112	64	843	57.1	7	5	57	11/85	83.3
1982	Seattle	3	78	49	501	62.8	2	2	44	16/117	79.1
1983	Seattle	9	243	147	2,139	60.5	18	11	50	38/279	95.0
1984	Seattle	16	480	276	3,671	57.5	32	24	80t	40/314	83.3
1985	Seattle	16	532	285	3,602	53.6	27	20	54	52/448	76.2
1986	Seattle	15	375	225	2,921	60.0	21	11	72	35/281	91.0
1987	Seattle	12	294	178	2,131	60.5	23	15	75	27/247	87.6
1988	Seattle	9	228	134	1,741	58.8	18	8	75	12/92	94.6
1989	Seattle	15	499	286	3,309	57.3	21	20	60	37/289	74.8
1990	Seattle	16	448	265	3,194	59.2	15	20	63	40/360	73.6
1991	Seattle	10	285	187	2,080	65.6	11	12	60	32/216	82.5
1992	Kansas City	16	413	230	3,115	55.7	15	12	77	48/323	79.9
1993	Kansas City	12	189	105	1,238	55.6	7	3	66	22/138	81.4
1994	Detroit	14	212	131	1,629	61.8	14	3	51	14/100	101.7
1995	Arizona	16	521	304	3,554	58.3	16	21	48	53/380	72.6
1996	Chicago	13	377	226	2,278	59.9	14	12	53	14/104	76.3
1997	Tennessee	8	2	1	2	50.0	0	0	2	0/0	47.9
1998	Tennessee	5	21	12	199	57.1	0	0	55	2/15	89.2
Career Totals		**213**	**5,311**	**3,105**	**38,147**	**58.5**	**261**	**199**	**80t**	**494/3,794**	**81.5**
Seahawks Totals		**129**	**3,576**	**2,096**	**26,132**	**58.6**	**^195**	**^148**	**80t**	**341^/2,734**	**82.3**

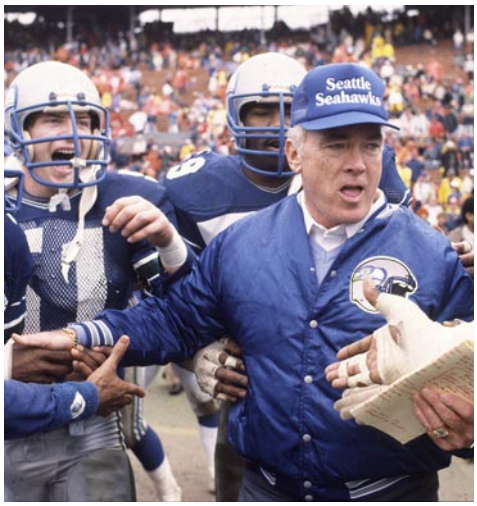
^Seahawks Career Record



HEAD COACH CHUCK KNOX

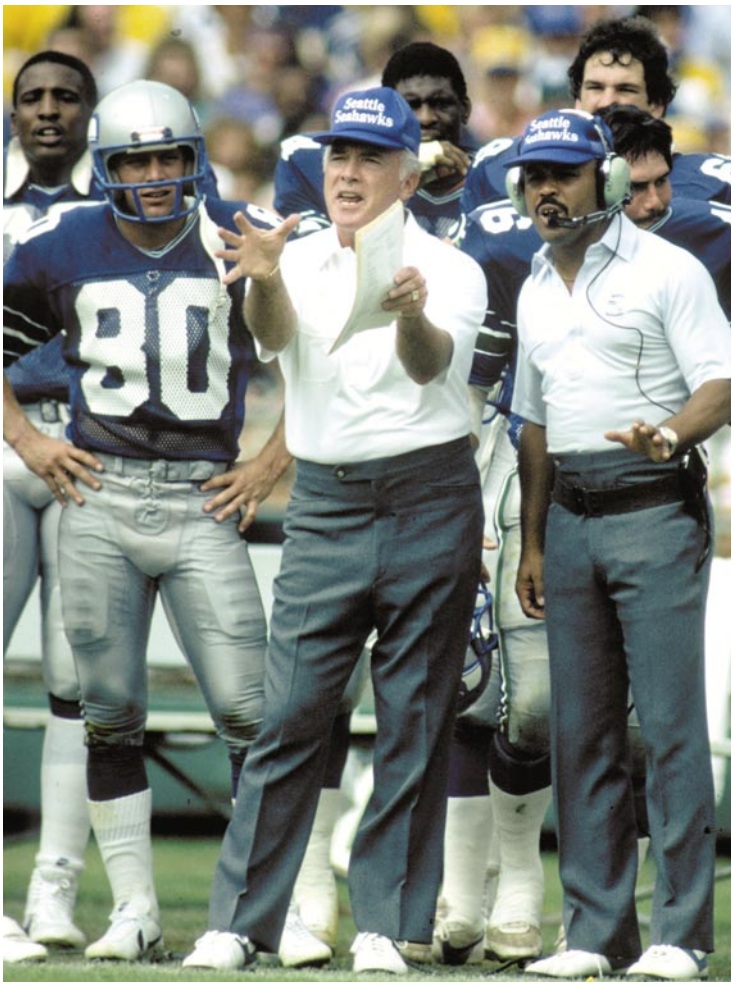
Seasons	12 Seahawks Seasons (1983-91)
Born	April 27, 1932
College	Juniata College
Hometown	Sewickley, Pennsylvania
Ring of Honor	September 25, 2005

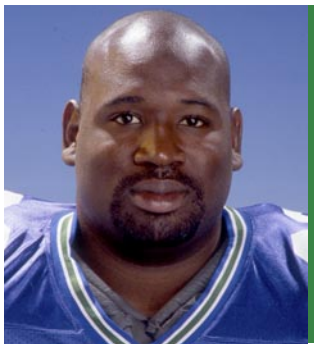
Chuck Knox was the ninth member inducted to the Ring. He spent nine of his 22 illustrious seasons at the helm of the Seahawks from 1983-91, during which time he led Seattle to 80 wins en route to becoming the winningest coach in club history, since surpassed by Mike Holmgren and Pete Carroll. Compared to 63 losses, his winning percentage of .559 is third among Seattle coaches with at least eight games coached. Knox posted six winning seasons with Seattle and led the Seahawks into postseason play four times. The Seahawks' three playoff wins under Knox were the only postseason wins in club history until 2005. Knox was named NFL Coach of the Year following both the 1983 and 1984 seasons, where Seattle posted a 21-11 record, advanced to the 1983 AFC Championship Game and in 1984 posted the best record in franchise history at the time with a 12-4 mark. One of the NFL's all-time winningest coaches, Knox ranks 10th in league history with 193 career victories (193-158), including playoffs. He was the first coach in NFL history to lead three different franchises to the playoffs and was named NFL Coach of the Year four times while coaching three different teams (L.A. Rams-1973, Bills-1980, Seahawks-1983-84).



KNOX'S NFL RECORD

		Regular Season			Postseason	
	Club	**Won**	**Lost**	**Tied**	**Won**	**Lost**
1973	L.A. Rams	12	2	0	0	1
1974	L.A. Rams	10	4	0	1	1
1975	L.A. Rams	12	2	0	1	1
1976	L.A. Rams	10	3	1	1	1
1977	L.A. Rams	10	4	0	0	1
1978	Buffalo	5	11	0	0	0
1979	Buffalo	7	9	0	0	0
1980	Buffalo	11	5	0	0	1
1981	Buffalo	10	6	0	1	1
1982	Buffalo	4	5	0	0	0
1983	Seattle	9	7	0	2	1
1984	Seattle	12	4	0	1	1
1985	Seattle	8	8	0	0	0
1986	Seattle	10	6	0	0	0
1987	Seattle	9	6	0	0	1
1988	Seattle	9	7	0	0	1
1989	Seattle	7	9	0	0	0
1990	Seattle	9	7	0	0	0
1991	Seattle	7	9	0	0	0
1992	L.A. Rams	6	10	0	0	0
1993	L.A. Rams	5	11	0	0	0
1994	L.A. Rams	4	12	0	0	0
Career Totals		**186**	**147**	**1**	**7**	**11**
Seahawks Totals		**80**	**63**	**0**	**3**	**4**





96 | DEENSIVE TACKLE
CORTEZ KENNEDY

Height: 6-3	**Weight:** 306
Seasons	11 Seahawks Seasons
How Acq'd	1st Round 1990
Career G/S	167/153
Born	August 23, 1968
College	Miami
Hometown	Wilson, Arkansas
Ring of Honor	September 17, 2006

'12 | AP 1ST TEAM '92 | AP 1ST TEAM '93 | AP 1ST TEAM '94 | AP 2ND TEAM '96 | '91 | '92 | '93 | '94 | '95 | '96 | '98 | '99

Cortez Kennedy became the 10th member inducted into the Seahawks Ring of Honor on September 17, 2006 and was elected to the Pro Football Hall of Fame on February 4, 2012. Kennedy established himself as one of the premier interior defensive linemen in the game while playing 11 NFL seasons (1990-2000), all with the Seahawks. He appeared in eight Pro Bowls, and a franchise-record six consecutive Pro Bowls (1991-96), including four as a starter. The three-time All-Pro is found throughout the Seahawks' record books, ranking eighth on the club's all-time list in games played (167), seventh in games started (153) and 10th in tackles (668). Kennedy ranks fourth in sacks (58), yards lost on sacks (392.0), and forced fumbles (13). His finest season came in 1992 when he became the second Seahawks player to win the Associated Press NFL Defensive Player of the Year Award (Kenny Easley, 1984) after recording 93 tackles (76 solo), 14.0 sacks, five forced fumbles, and four fumble recoveries. The 1999 Co-Defensive Captain, Kennedy helped lead Seattle back to the postseason for the first time since 1988.

KENNEDY'S NFL RECORD

	Club	G/S	Tkl.	QB	Int.	FF	FR
1990	Seattle	16/2	48	1.0	0	1	1
1991	Seattle	16/16	73	6.5	0	1	0
1992	Seattle	16/16	93	14.0	0	4	1
1993	Seattle	16/16	77	6.5	0	1	1
1994	Seattle	16/16	70	4.0	0	1	1
1995	Seattle	16/16	54	6.5	0	1	0
1996	Seattle	16/16	69	8.0	0	2	0
1997	Seattle	8/8	18	2.0	0	0	0
1998	Seattle	15/15	43	2.0	0	0	1
1999	Seattle	16/16	73	6.5	2	2	0
2000	Seattle	16/16	50	1.0	1	0	0
Career Totals		**167/153**	**668**	**58.0**	**3**	**13**	**5**
Seahawks Totals		**167/153**	**668**	**58.0**	**3**	**13**	**5**

Playoff Games Played/Started: 1999: 1/1. **Career:** 1/1

RING OF HONOR

71 | TACKLE
WALTER JONES

Height: 6-5	**Weight:** 325
Seasons	13 Seahawks Seasons
How Acq'd	1st Round 1997
Career G/S	180/180
Born	January 19, 1974
College	Florida State
Hometown	Aliceville, Alabama
Ring of Honor	November 2, 2014

'14 | AP 1ST TEAM '01 | AP 1ST TEAM '04 | AP 1ST TEAM '05 | AP 1ST TEAM '07 | AP 2ND TEAM '06 | AP 2ND TEAM '08 | '99 | '01 | '02 | '03 | '04

Walter Jones was the 11th member inducted in to the Ring of Honor, and the 10th player chosen. Since coming to Seattle as a first-round pick in 1997, Jones started all 180 games played while becoming the most dominant left tackle of his time. In 13 seasons, he was called for holding nine times and in 5,703 pass attempts, surrendered just 23 sacks according to coaches statistics. He was selected to nine Pro Bowls (1999, 2001-08), passing Cortez Kennedy for most in team history, and was also a six-time AP All-Pro (1st Team in 2001, 2004, 2005, 2007 and 2nd Team in 2006 and 2008). Seattle selected Jones with the sixth overall pick in the 1997 NFL Draft, which was acquired in a draft-day trade with the Tampa Bay Buccaneers in exchange for Seattle's first-round pick (#12, RB Warrick Dunn) and third-round pick (#66, CB Ronde Barber). Jones ranks fourth in Seattle history in games played (180) and second in games started (180). He became the first Seahawks player to reach double-digits in postseason appearances and was inducted in to the Pro Football Hall of Fame on August 2, 2014.

JONES' NFL RECORD

Year	Team	GP/GS	Postseason	Year	Team	GP/GS	Postseason
1997	Seattle	12/12		2004	Seattle	16/16	1/1
1998	Seattle	16/16		2005	Seattle	15/15	3/3
1999	Seattle	16/16	1/1	2006	Seattle	16/16	2/2
2000	Seattle	16/16		2007	Seattle	15/15	2/2
2001	Seattle	16/16		2008	Seattle	12/12	
2002	Seattle	14/14		2009	Seattle	Injured Reserve	
2003	Seattle	16/16	1/1	**NFL TOTALS**		**180/180**	**10/10**

RING OF HONOR

CHAIRMAN
PAUL G. ALLEN

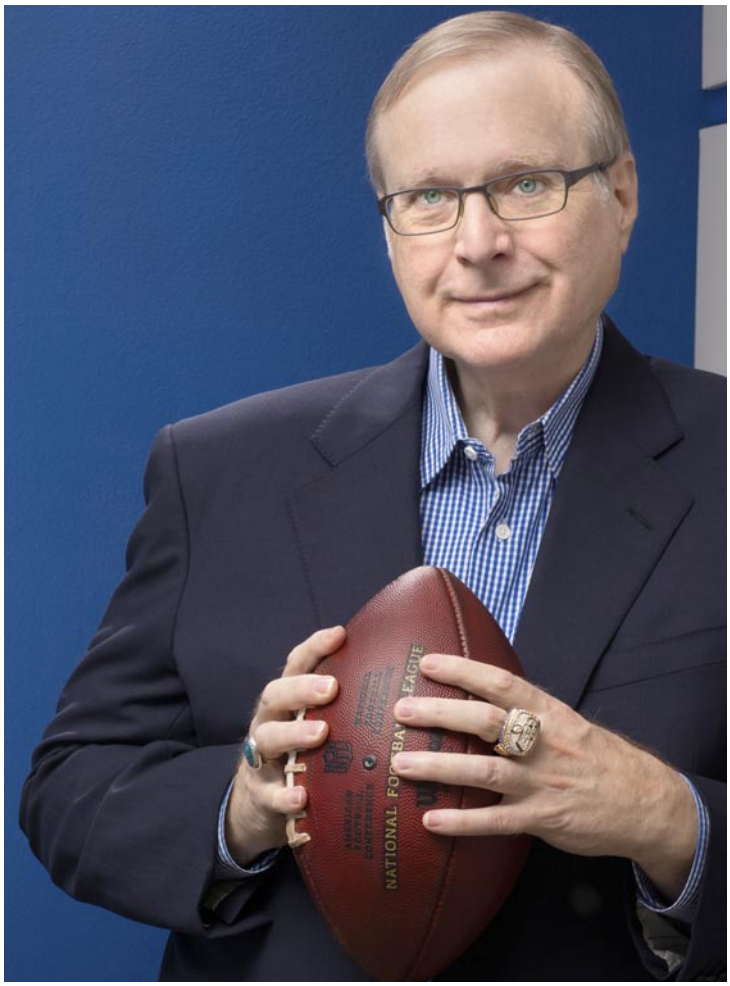
Seasons	22 Seahawks Seasons (1997-18)
Born	January 21, 1953
College	Washington State
Hometown	Seattle, Washington
Ring of Honor	October 3, 2019

Paul G. Allen was inducted to the Seahawks Ring of Honor on October 3, 2019. Allen, who passed away in October 2018 due to complications of non-Hodgkin's lymphoma, was the 12th member of the Ring of Honor. Under Allen's guidance, the Seahawks achieved new levels of success over two decades, first under head coach Mike Holmgren, who was one of Allen's most important early hires, and then under Pete Carroll and John Schneider, who Allen brought together in 2010. Prior to Allen purchasing the team, the Seahawks had eight winning seasons, won 10 or more games twice, earned four playoff berths, won their division once and advanced to one AFC championship game. During Allen's ownership from 1997-2018, the Seahawks reached the postseason 13 times, won nine division titles, enjoyed nine seasons with 10 or more wins, and played in three Super Bowls, winning Super Bowl XLVIII to bring the Lombardi Trophy to Seattle for the first time. In addition to owning the Seahawks and the Portland Trail Blazers, Allen was a technology pioneer who co-founded Microsoft, then later launched Vulcan, Inc., Stratolaunch Systems, the Allen Institute and the Allen Institute for Artificial Intelligence. He was a philanthropist and conservationist who used his considerable wealth and influence to make a difference in so many ways around the world, giving more than $2.5 billion to causes near and dear to his heart; he enriched Seattle's art and music scene while also playing a mean guitar himself; he made amazing discoveries at the bottoms of oceans; he rebuilt Seattle's South Lake Union neighborhood, and did so much more to make the Seattle area and the world a better and more interesting place.

SEAHAWKS RECORD UNDER ALLEN

	Regular Season			Postseason		Div. Finish
	Won	Lost	Tied	Won	Lost	
1997	8	8	0	0	0	3rd
1998	8	8	0	0	0	3rd
1999	9	7	0	0	1	1st
2000	6	10	0	0	0	4th
2001	9	7	0	0	0	2nd
2002	7	9	0	0	0	3rd
2003	10	6	0	0	1	2nd
2004	9	7	0	0	1	1st
2005*	13	3	0	2	1	1st
2006	9	7	0	1	1	1st
2007	10	6	0	1	1	1st
2008	4	12	0	0	0	3rd
2009	5	11	0	0	0	3rd
2010	7	9	0	1	1	1st
2011	7	9	0	0	0	3rd
2012	11	5	0	1	1	2nd
2013#	13	3	0	3	0	1st
2014*	12	4	0	2	1	1st
2015	10	6	0	1	1	2nd
2016	10	5	1	1	1	1st
2017	9	7	0	0	0	2nd
2018	10	6	0	0	1	2nd
Totals	**196**	**155**	**1**	**13**	**12**	

*NFC Champs #Super Bowl Champs



FAN INFORMATION

A TRADITION CONTINUES

In 2003, the 12s were honored once again, this time with a flag. The tradition of the 12 Flag began October 12, 2003, when 12 original season ticket holders hoisted the flag vs. the San Francisco 49ers. Now, at every home game just before kickoff, the flag is raised in honor of the 12s. From former Seahawks greats, to local celebrities and sports personalities, being called upon to raise the flag has become an honor within itself. The flag has become a symbol of Seahawks supporters all over the Northwest and the spirit of community that the organization and fans share.

2020 SEASON

09/13	New England	Dr. Eliot Fagley (Virginia Mason Medical Center COVID-19 Response Team)
09/27	Dallas	Masaki Matsumoto (Lincoln H.S. Head Football Coach)
10/11	Minnesota	Dr. Ben Danielson (Odessa Brown Children's Clinic)
11/01	San Francisco	Lt. Adam Villard & Chris Hoagland (Spokane County Fire Station 81)
11/19	Arizona	A1C Ian Storm & SPC Tyler Pierson (Washington Army National Guard)
12/06	N.Y. Giants	Brooke Brown & Melito Ramirez (Washington State Teacher of the Year and Washington State Classified School Employee of the Year)
12/13	N.Y. Jets	Sean Goode (Exec. Director/CHOOSE 180)
12/27	L.A. Rams	12s Everywhere (12s around the globe were chosen to raise flag in their hometown)
1/9	L.A. Rams	Seahawks COVID-19 Testing Team

ALL-TIME 12 FLAG RAISERS

2019 SEASON

08/08	Denver	1979 Seattle Sonics championship team
08/29	Oakland	Katelyn Ohashi (UCLA Gymnast)
09/08	Cincinnati	Zach Miller (Former Seahawks TE)
09/22	New Orleans	Jeff Bryant, Jacob Green, Joe Nash (Former Seahawks DL)
10/03	L.A. Rams	Jody Allen (Seahawks Chair)
10/20	Baltimore	Mike McCready (Musician)
11/03	Tampa Bay	Ryan Hendrickson (Veteran)
12/02	Minnesota	Dave Matthews (Musician)
12/22	Arizona	State Championship High School Football Coaches
12/29	San Francisco	Brian Bosworth (Former Seahawks LB)

2018 SEASON

08/09	Indianapolis	Federal Way Thunder (Special Olympics Unified Flag Football)
08/30	Oakland	T.J. Oshie (Mt. Vernon native and NHL RW)
09/23	Dallas	Kam Chancellor
10/07	L.A. Rams	Red Bryant (Former Seahawks DE)
11/04	L.A. Chargers	In Memory of Paul Allen
11/15	Green Bay	Art Unruh (Veteran)
12/02	San Francisco	Jeffrey Dean Morgan (Actor)
12/10	Minnesota	Matt Hasselbeck (Former Seahawks QB)
12/23	Kansas City	Cliff Avril (Former Seahawks DE)
12/01	Arizona	State Championship High School Coaches

2017 SEASON

08/18	Minnesota	Mike McClaughry (Police Officer)
08/25	Kansas City	Sue Bird (Seattle Storm G)
09/17	San Francisco	Lofa Tatupu (Former Seahawks LB)
10/01	Indianapolis	Walter Jones, Steve Largent, Courtney Kennedy (Seahawks Hall of Famers)
10/29	Houston	Dan Wilson (Former Mariners C)
11/05	Washington	Sidney Rice (Former Seahawks WR)
11/20	Atlanta	Barbara Nichols (Veteran)
12/03	Philadelphia	Chris Pratt (Actor)
12/17	L.A. Rams	State Championship High School Coaches
12/31	Arizona	Sam Perkins (Former Sonics Forward)

2016 SEASON

08/18	Minnesota	Daniel Lyon (Fire Fighter)
08/25	Dallas	Miesha Tate (UFC Fighter)
09/11	Miami	Jack Patera (Former Seahawks Head Coach)
09/25	San Francisco	Jamal Crawford (NBA Guard)
10/16	Atlanta	Duff McKagan (Musician)
11/07	Buffalo	Nate Boyer (Veteran)
11/20	Philadelphia	Robinson Cano (Mariners 2B)
12/04	Carolina	Ricardo Lockette (Former Seahawks WR)
12/15	L.A. Rams	Chris Petersen (UW Head Football Coach)
12/24	Arizona	Nate Burleson (Former Seahawks WR)
01/07	Detroit	Steve Hutchinson (Former Seahawks G)

2015 SEASON

08/14	Denver	Steve Niehaus (Former Seahawks DL)
09/03	Oakland	Norm Evans (Former Seahawks T)
09/27	Chicago	Darrell Jackson (Former Seahawks WR)
10/05	Detroit	Nelson Cruz (Mariners OF)
10/18	Carolina	Sir Mix-a-Lot (Hip Hop artist)
11/15	Arizona	Clayton Pitre (Veteran)
11/22	San Francisco	Randy Johnson (MLB HOF)
11/29	Pittsburgh	Spencer Haywood (NBA HOF)
12/20	Cleveland	Michael Sinclair (Former Seahawks DE)
12/27	St. Louis	Joel McHale (Comedian & Former UW TE)

2014 SEASON

08/15	San Diego	Oso Mudslide First Responders
08/22	Chicago	DeAndre Yedlin (Sounders FC Defender)
09/04	Green Bay	Walter Jones, Cortez Kennedy, Steve Largent
09/21	Denver	Nate Robinson (NBA Guard and UW Alum)
10/12	Dallas	Jordan Babineaux (Former Seahawks S)
11/02	Oakland	C. Gray, S. Hutchinson, S. Locklear, R. Tobeck
11/09	N.Y. Giants	Scott Smiley (Veteran)
11/23	Arizona	Lawyer Milloy (Former Seahawks S)
12/14	San Francisco	John Olerud (Former Mariners 1B)
12/28	St. Louis	George Karl (Former Sonics Head Coach)
01/10	Carolina	Kenny Easley (Former Seahawks S)
01/18	Green Bay	Paul Allen (Seahawks Chairman)

2013 SEASON

08/17	Denver	Blair Bush (Former Seahawks C)
08/29	Oakland	Derrick Jensen (Former Seahawks scout)
09/15	San Francisco	Shaun Alexander (Former Seahawks RB)
09/22	Jacksonville	Jack Sikma (Former Sonics F/C)
10/13	Tennessee	Sammamish Little League

ALL-TIME 12 FLAG RAISERS

2013 SEASON, CONTINUED

11/03	Tampa Bay	1983 Seahawks playoff team
11/17	Minnesota	Bruce Crandall (Vietnam veteran)
12/02	New Orleans	Fred Couples (Seattle native, pro golfer)
12/22	Arizona	Nathan Adrian (Olympic swimmer)
12/29	St. Louis	Jay Buhner (Former Mariners OF)
01/11	New Orleans	Jim Zorn (Former Seahawks QB)
01/19	San Francisco	Paul Allen (Seahawks Chairman)

2012 SEASON

08/11	Tennessee	Steve August (Former Seahawks T)
08/30	Oakland	2012 USA Olympians
09/16	Dallas	Shawn Springs (Former Seahawks CB)
09/24	Green Bay	Trent Dilfer (Former Seahawks QB)
10/14	New England	Walter Jones (Former Seahawks T)
11/04	Minnesota	Detlef Shrempf (Former NBA and Sonics All-Star)
11/11	N.Y. Jets	Joe Moser (WWII Veteran - Buchenwald survivor)
12/09	Arizona	Jon Kitna (Former Seahawks QB)
12/23	San Francisco	Sam Adams (Former Seahawks DT)
12/30	St. Louis	Sigi Schmid (Sounders FC Head Coach)

2011 SEASON

08/20	Minnesota	Chip Hanauer (Hydroplane driver)
09/02	Oakland	Greg Haugen (Former lightweight boxing champion)
09/25	Arizona	Chris Warren (Former Seahawks RB)
10/02	Atlanta	Jason Terry (Former Franklin H.S. and NBA guard)
10/30	Cincinnati	Felix Hernandez (Seattle Mariners pitcher)
11/13	Baltimore	George Hickman (Former Tuskegee airman)
11/27	Washington	Rufus Porter (Former Seahawks LB)
12/01	Philadelphia	Bill Russell (NBA Hall of Fame center)
12/12	St. Louis	Cortez Kennedy (Former Seahawks and Hall of Fame DT)
12/24	San Francisco	Shawn Kemp (Former NBA and Sonics All-Star)

2010 SEASON

08/14	Tennessee	Frank Beede (Former Seahawks G; National Teacher of the Year)
08/21	Green Bay	J.R. Celski (Olympic speedskater)
09/12	San Francisco	Chad Brown (Former Seahawks LB)
09/26	San Diego	Nate McMillan (Former Sonic and Blazers Head Coach)
10/24	Arizona	Isaiah Kacyvenski (Former Seahawks LB)
11/07	N.Y. Giants	Buck Compton (War Veteran)
11/28	Kansas City	Tom Skerritt (Actor)
12/05	Carolina	Howard Mudd (Former Seahawks OL coach)
12/19	Atlanta	Tim Lincecum (Former UW and SF Giants pitcher)
01/02	St. Louis	Brian Blades (Former Seahawks WR)
01/08	New Orleans	Walter Jones (Former Seahawks T)

2009 SEASON

08/22	Denver	Central Washington softball players
09/03	Oakland	Jon Fine (United Way CEO)
09/13	St. Louis	Jacob Green (Former Seahawks DE)
09/27	Chicago	Jim Whittaker (Mountaineer)
10/11	Jacksonville	Edwin Bailey (Former Seahawks G)
10/18	Arizona	Rusty Tillman (Former Seahawks Special Teams Coach)
11/8	Detroit	Huston Riley (Veteran)
12/6	San Francisco	Fred Brown, John Johnson and Gus Williams (Former Sonics players)
12/20	Tampa Bay	Kasey Keller (Sounders FC Goalkeeper)
01/02	Tennessee	Ken Griffey Jr. (Former Mariners CF)

2008 SEASON

08/16	Chicago	Paul Moyer (Former Seahawks DB)
08/29	Oakland	J.P. Patches (Children's TV Personality)
09/14	San Francisco	Chris Gray (Former Seahawks G)
09/21	St. Louis	Kenny Mayne (ESPN Reporter)

2008 SEASON, CONTINUED

10/12	Green Bay	Gary Payton (Former NBA and Sonics All-Star)
11/02	Philadelphia	John L. Williams (Former Seahawks FB)
11/16	Arizona	Ricky Watters (Former Seahawks RB)
11/23	Washington	Hope Solo (Olympian Goalkeeper)
12/07	New England	Sam Adkins (Former Seahawks QB)
12/21	N.Y. Jets	Kathy Holmgren (Coach Holmgren's wife)

2007 SEASON

08/25	Minnesota	Dan Doornink (Former Seahawks FB)
08/30	Oakland	Jeff Bryant (Former Seahawks DT)
09/09	Tampa Bay	Mama Blue (Longtime Seahawks Fan)
09/23	Cincinnati	Apolo Ohno (Olympian)
10/14	New Orleans	Mack Strong (Former Seahawks FB)
10/21	St. Louis	Ichiro Suzuki (Mariners CF)
11/12	San Francisco	Drew Carey (Sounders FC Minority Owner, Actor)
11/18	Chicago	Matt Cameron (Pearl Jam) & Jerry Cantrell (Alice in Chains)
12/9	Arizona	Sig Hansen (Deadliest Catch)
12/23	Baltimore	Robbie Tobeck (Former Seahawks C)
01/05	Washington	Jamie Moyer (Former Mariners Pitcher)

2006 SEASON

08/12	Dallas	Hugh McElhenny (Pro Football Hall of Fame)
08/31	Oakland	Norm Johnson (Former Seahawks K)
09/17	Arizona	Cortez Kennedy (Hall of Fame Seahawks DT)
09/24	N.Y. Giants	Pike Place Market Fish Mongers
10/22	Minnesota	Dave Niehaus (Mariners Broadcaster)
11/06	Oakland	Warren Moon (Pro Football Hall of Fame)
11/12	St. Louis	Lenny Wilkens (Former Seattle Sonics Coach)
11/27	Green Bay	Kasey Kahne (NASCAR Driver)
12/14	San Francisco	Bill (The Beerman) Scott
12/24	San Diego	Josh Lucas (Actor)
01/06	Dallas	Marcus Trufant (Former Seahawks CB)

2005 SEASON

08/22	Dallas	David Eger (Inaugural BGSC Champion)
09/02	Minnesota	Sam McCullum (Former Seahawks WR)
09/18	Atlanta	Joe Nash (Former Seahawks NT)
09/25	Arizona	Chuck Knox (Former Seahawks Head Coach)
10/16	Houston	Ed Viesturs (World Renowned Mountain Climber)
10/23	Dallas	Efren Herrera (Former Seahawks K)
11/13	St. Louis	Manu Tuiasosopo (Former Seahawks DT)
11/27	N.Y. Giants	Lorenzo Romar (Former UW Men's Basketball Coach)
12/11	San Francisco	Kenny Easley (Former Seahawks S)
12/24	Indianapolis	Jack Patera (Original Seahawks Head Coach)
01/14	Washington	Ken Hamlin (Former Seahawks S)
01/22	Carolina	Paul Allen (Seahawks Chairman)

2004 SEASON

08/21	Denver	Steve Raible & Warren Moon (Seahawks Broadcast Team)
09/02	Minnesota	Bret McClure, Tara & Dana Kirk (Local Olympians)
09/26	San Francisco	Dave Krieg (Former Seahawks QB)
10/10	St. Louis	Don James (Former UW Head Football Coach)
10/31	Carolina	Eugene Robinson (Former Seahawks S)
11/21	Miami	Chuck Nelson & Jack Thompson (Former UW Kicker, WSU QB Representing Apple Cup Week)
11/28	Buffalo	John Nordstrom (Representing Original Ownership)
12/06	Dallas	Edgar Martinez (Former Mariners Great)
12/24	Arizona	Rangers from Ft. Lewis (In Honor of Pat Tillman)
01/02	Atlanta	Mothers of Seahawks Players
01/08	St. Louis	Ring of Honor Members

2003 SEASON

10/12	San Francisco	12 Original Season Ticket Holders
10/19	Chicago	Cortez Kennedy (Hall of Fame Seahawks DT)
11/02	Pittsburgh	Curt Warner (Former Seahawks RB)
11/16	Detroit	Steve Largent (Former Seahawks WR)
11/30	Cleveland	Mike McCormack (Former Seahawks GM)
12/21	Arizona	Frosty Westering (Former PLU Head Coach)

SEAHAWKS DANCERS

Seahawks Dancers Director Courtney Moore

The Seahawks Dancers are the official dance group of the Seahawks, balancing a busy schedule of practicing, performing and making public appearances in the community throughout the year. Formerly known as the Sea Gals, the group was re-named the Seahawks Dancers in 2019 to reflect an overall evolution of the group as it focuses on greater diversity in performances and performers. The team is made up of a mix of female and male dancers specializing in NFL jazz/pom style dance, as well as NFL hip hop.

Courtney Moore was named Director of the Seahawks Dancers in 2018 and has been involved with the dance team since 2008 as a squad member (2008-15) and choreographer (2015-18). The 2021 season will be her fourth as director. Former dancers Melissa Hornberger and Carli Brockman continue as assistants to the program in management and choreography.

In addition to numerous practices and gameday performances, the Seahawks Dancers are heavily involved in the community and spend many hours supporting numerous local charities and organizations as part of the Seahawks' community engagement program. For over 30 years, the Seahawks Dancers have held an annual fundraising event to provide Christmas gifts for the women and children living at a local women's shelter. The money raised by the squad was donated to Broadview Women and Children's Shelter, and New Beginnings, another organization that supports victims of domestic violence.

The Junior Seahawks Dancers group has become a popular program for kids ages seven to 14 and was held virtually this year due to the pandemic. The current team's dancers work directly with these young girls and boys to develop character, team building and dance skills.

The Seahawks Dancers "Show Group" performs a variety show that includes colorful costume changes, character dance routines, singing and crowd participation. The group has performed across the United States, Middle East, Africa, the South Pacific, and European military bases.

Fans can learn more about the squad at seahawks.com/dancers.

BLITZ & BOOM

As the Seahawks mascot, Blitz does his part to make sure Lumen Field is the loudest stadium in the NFL. When Blitz isn't entertaining fans at Lumen Field, he can be found at local schools supporting the PLAY 60 program, visiting surrounding communities or attending private events. In 2020 Blitz was named Captain of the 12s by Pete Carroll, making Blitz the first mascot ever named team captain. Blitz is available to attend birthday parties, company events, weddings, etc. Send invitations to Blitz@Seahawks.com.

Born: September 13, 1998
Birthplace: Kingdome
Home: Lumen Field
Height: 6' 1" (a touchdown & extra point)
Weight: Featherweight
Hobbies: Reading, Fitness and Birdwatching
Learn more about Blitz:
- **Seahawks.com/gameday/Blitz**
- **Facebook.com/BlitztheSeahawk**
- **Twitter at @BlitztheSeahawk**
- **Instagram at @BlitztheSeahawk**
- **TikTok at @blitztheseahawk**

Boom arrived in Seattle on September 21, 2014. Boom is a sidekick to Blitz and can be found attending many of the Seahawks family friendly events. Fans can meet Boom in Touchdown City before Seahawks games and roaming the concourses throughout the game. Follow Boom on twitter @BoomtheSeahawk.

BLUE THUNDER

Seahawks Blue Thunder is the heartbeat of the fans. This high-energy entertainment drumline was established in 2004 at Lumen Field, performing throughout the stadium before, during and after games.

Not your typical drumline, Blue Thunder uses a variety of rhythms and visuals, incorporating rock and roll drumming alongside drum corps style, endearing them to Seahawks fans of all ages. Blue Thunder is also available for parades, parties and corporate event appearances. Amplify your next event at www.Seahawks.com/Drumline/Blue-Thunder.

JUNIOR 12S KIDS CLUB

Junior 12s Kids Club presented by Delta Dental of Washington is a free fan club for kids ages 5-12. Members get access to an incredible mix of benefits, including a year-round Pro Shop discount, exclusive access to activities and contests, and a special newsletter packed with exclusive content. Join in on the fun today at www.Seahawks.com/Junior12s!

TAIMA

This living symbol of the team is a male augur hawk, who's Native American name means "Thunder." Taima has been with the Seahawks since birth and can be seen leading the team out of the tunnel before each game at Lumen Field. He can also be found on the sidelines and in Touchdown City before home games.

SEA HAWKERS

Since its inception in 1976, the Sea Hawkers Booster Club has been a vital extension of the Seattle Seahawks. Led by the fans, the Sea Hawkers first started with five Washington chapters, but have since expanded not only nationwide but worldwide. The Sea Hawkers have crossed international lines with established chapters in Canada, the UK, Germany, France and soon, Russia, Spain, and the Czech Republic. Two specialty chapters will also join the fold; Latin America covering all Latin American countries and the U.S. Military Sea Hawkers chapter based out of Puyallup. U.S. Military members are considered honorary members, so their membership is complimentary.

As of July 2021, the Sea Hawkers are 8,700 members strong, with over 40 chapters across the globe. The Sea Hawkers officially became a 501c3 foundation providing more opportunities to give back and partner with other non-profits. From collecting food items to laying holiday wreaths and flags at Veteran's Memorial cemeteries to seeing our team off at the VMAC, the Sea Hawkers do it all. In the last five years, members have volunteered over 100,000 hours and raised nearly $2 million. It is truly about spreading the spirit of the 12s; bringing joy and assistance where it is needed in the name of the Seahawks.

To learn more, visit our website at www.seahawkers.org.

SEAHAWKS LEGENDS

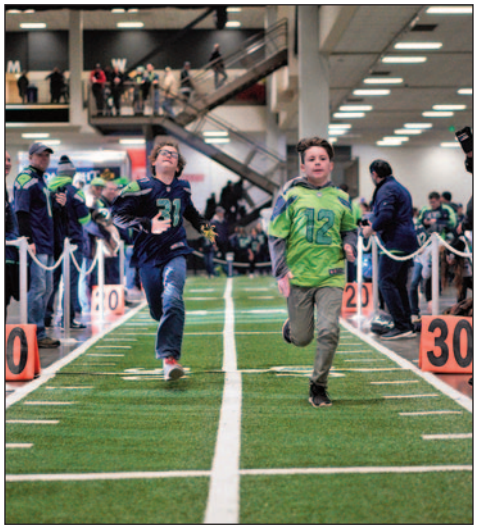
KEEPING THE LEGACY ALIVE

Launched in 2013, the NFL Legends program connects former players with each other, their former teams and the NFL. The Seahawks Legends program includes outreach to NFL alumni for team and league initiatives including social events like Legends Weekend & Legends Spring Event, recognitions like Legend of the Year and Legend of the Week and community engagement opportunities. For more information, visit Seahawks.com or follow @SeahawksLegends on Twitter and Instagram.

AMERICAN FAMILY INSURANCE TOUCHDOWN CITY

American Family Insurance Touchdown City is a high energy, interactive pregame gathering place where fans meet and prepare for each Seahawks home game.

Touchdown City features a live music stage, with performances by Seahawks Dancers and Blue Thunder and appearances by Blitz and Boom. Families can find interactive games and contests, photo opportunities, a Seahawks Pro Shop Kiosk, and even value-priced food & beverage options. 710 ESPN's pregame broadcast is broadcast live in Touchdown City, sharing reports and pregame analysis. The End Zone pregame show provides a spirited atmosphere with live interviews and fan-friendly competitions. Admission is free and open to all Seahawks fans with a game ticket three hours before each home game. Touchdown City is located inside the Lumen Field Event Center which is connected to the south end of Lumen Field.



SEAHAWKS PRO SHOP

The Pro Shop is your premier destination for the best selection of authentic Seahawks merchandise. Conveniently located at two Puget Sound locations, The Pro Shop features a wide range of products from Nike, New Era, '47 Brand and more. Find everything from jerseys to sweatshirts, caps to 12 flags; The Pro Shop has everything you need for game day.

Visit us at Lumen Field or Renton Landing, and for the best selection of Seahawks merchandise online, shop at Proshop.Seahawks.com.

For more information on in-store promotions, and location hours, visit Seahawks.com/ProShop or call 206/682-2900.

Follow us @SeahawksProShop.

MUCKLESHOOT PLAZA

Located at the north end of Lumen Field, Muckleshoot Plaza has a variety of options for fans to experience prior to kickoff, including curated designs and artifacts that reflect Muckleshoot's tribal history and tradition.

This pregame destination has great food and beverage options with food trucks, beer, wine and non-alcoholic beverages. Local bands, DJs and traditional tribal entertainment will perform throughout the season on The Stage at Muckleshoot Plaza. This high-energy stage will showcase musicians, dancers and other talented artists from the Pacific Northwest.

SEAHAWKS BROADCASTING

TELEVISION

Seahawks Broadcasting is the Emmy® Award winning in-house production and syndication unit of the Seattle Seahawks. Now in its 24th season, Seahawks Broadcasting produces some of the most-watched and critically acclaimed sports broadcasts in the Pacific Northwest including the first NFL Team broadcast of a game in High Definition (1999).

SEAHAWKS TELEVISION NETWORK

Kick off the 2021 season with the Seahawks preseason telecasts on the Seahawks Television Network.

PRESEASON

Saturday, August 14	at Las Vegas Raiders	6:00 p.m. PT	Q13 FOX
Saturday, August 21	Denver Broncos	7:00 p.m. PT	Q13 FOX
Saturday, August 28	L.A. Chargers	7:00 p.m. PT	Q13 FOX

CURT MENEFEE - PLAY-BY-PLAY

Curt Menefee begins his 13th season with the Seahawks broadcasting team as the play-by-play announcer for preseason telecasts. Menefee currently hosts FOX's award-winning NFL pre-game show, FOX NFL Sunday. Prior to taking over as full-time host in 2007, he called play-by-play for NFL and NFL Europe League games on FOX Sports and FSN.

"SEAHAWKS SATURDAY NIGHT"

"Seahawks Saturday Night" returns at the start of the regular season for its ninth season in primetime at 10:30 p.m. on Q13 FOX and 9:30 p.m. on JOEtv. The half-hour program features a player "mic'd up" every week to get a real feel for what's happening on the field and an exclusive one-on-one with coach Carroll.

"SEAHAWKS PRESS PASS"

"Seahawks Press Pass" airs three nights per week during the 2021 season, beginning with the start of the regular season. Get 30-minutes of Seahawks news from Pete Carroll every Monday and Wednesday evening and a bonus 30-minute episode features Seahawks players every Thursday night. Get your Press Pass three times a week on Root Sports.

SEAHAWKS RADIO NETWORK

Seahawks Radio can be found on 710 ESPN Seattle and 97.3 KIRO FM, the flagship stations for the 2021 season. Wall-to-wall coverage begins each game day with the "Pregame Huddle" hosted by Michael Bumpus and joined by Seahawks Legends Paul Moyer, Jordan Babineaux, and Ray Roberts. Steve Raible and Dave Wyman follow with the call in the booth with Jen Mueller and John Clayton providing sideline reports, and broadcast day concludes the with a postgame show featuring exclusive interviews with Seahawks players from the locker room.

Seahawks broadcast team of Dave Wyman (left) and Steve Raible (right)

STEVE RAIBLE – PLAY-BY-PLAY

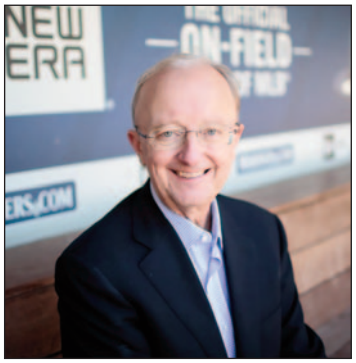
Steve Raible returns for his 40th season in the radio booth, his 18th as the play-by-play announcer and "Voice of the Seahawks" after 22 seasons as the Seahawks analyst. An original member of the Seahawks, Raible played wide receiver from 1976-81 and has missed only four games in the franchise's history, either as a player or broadcaster after suffering a collapsed lung vs. Oakland in 1981. He retired from KIRO-TV after nearly 40 years with the station and over 30 years as its lead anchor. During his time with KIRO, Raible won five local Emmy Awards including two for "Best Anchor." Raible was also a 2019 inductee of the State of Washington Sports Hall of Fame.

DAVE WYMAN – ANALYST

Dave Wyman returns for his fourth season as the Seahawks radio analyst. Drafted by the Seahawks in the second round of the 1987 draft, Wyman went on to play six seasons with the Seahawks totaling 364 tackles, 3.5 sacks and two interceptions. He finished his nine-year career playing his final three seasons with the Denver Broncos. Wyman has been a part of the Seahawks broadcast team since 2004, serving as an analyst for pregame and postgame shows on both radio and TV. He currently hosts the afternoon drive talk show "Wyman and Bob" on 710 ESPN Seattle.

JEN MUELLER – REPORTER

Jen Mueller returns for her 13th season as sideline reporter. A 20-year sports broadcasting veteran, Mueller is a member of the Seattle Mariners television broadcast team and an Emmy award winning producer. In addition to her work on the field, she is a keynote speaker, the author of three books on how to leverage sports fandom as a business communication tool and a former high school football official.



JOHN CLAYTON – REPORTER

Dick McCann Award winning reporter, John Clayton, returns for his fifth season as a sideline reporter. Clayton spent 23 years covering the Steelers, Seahawks and NFL as a beat reporter for The Pittsburgh Press and Tacoma News Tribune and in 1995 was hired by ESPN as an NFL Insider. He is currently the host of The John Clayton Weekends show on 710 ESPN Seattle. In 2007, he won the prestigious Dick McCann Award, bestowed annually by the Professional Football Writers of America (PFWA) "for long and distinguished reporting on professional football."

"SEAHAWKS HUDDLE"

"Seahawks Huddle," the club's weekly radio show, can be heard on 710 ESPN Seattle every Thursday from noon - 2:00 p.m. Beginning during Week 1 of the regular season, the "Huddle" offers an inside look at the Seahawks and the NFL and features Seahawks players, coaches and guests from around the League.

"HAWKS LIVE"

"Hawks Live" hosted by Michael Bumpus and Paul Moyer, offers a unique fan experience featuring a Seahawks player. "Hawks Live" can be heard on 710 ESPN Seattle every Thursday from 7 - 9 p.m. with a special appearance from John Clayton.

SEAHAWKS BROADCASTING

TELEVISION NETWORK

PRESEASON TELECASTS

Station	Network	
WASHINGTON		
Seattle	KCPQ - 13	FOX
Spokane	KAYU - 28	FOX
Tri-Cities	KFFX - 11	FOX
Yakima	KCYU - 41	FOX
IDAHO		
Boise	KIVI - 6	ABC
Twin Falls	KSAW - 52	ABC
Sun Valley	KSAW - 52	ABC
OREGON		
Bend	KFXO - 39	FOX
Eugene	KLSR - 34	FOX
Medford	KMVU - 26	FOX
Portland	KPTV - 12	FOX
HAWAII		
Honolulu	KHNL - 13	NBC
ALASKA		
Anchorage	KYUR - 13	ABC
Fairbanks	KATN - 2	ABC
Juneau	KJUD - 8	ABC

SEAHAWKS PRESS PASS

Northwest Region ROOT Sports	Cable

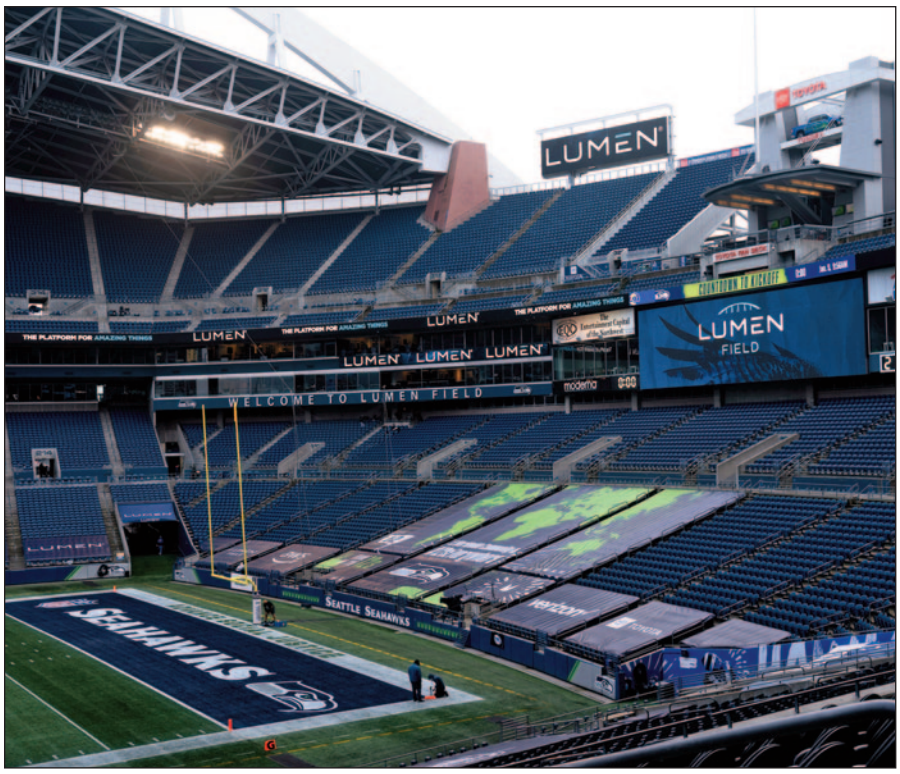
SEAHAWKS SATURDAY NIGHT

Seattle	KCPQ - 13	FOX

RADIO NETWORK

Station		Frequency
WASHINGTON		
Aberdeen	KDUX	104.7 FM
Bellingham	KPUG	1170 AM
Bellingham	KPUG	97.9 FM
Centralia	KMNT	104.3 FM
Chelan	KOZI	93.5 FM
Chelan	KOZI	103.1 FM
Chelan	KOZI	100.9 FM
Colfax	KMAX	840 AM
Colville	KCRK	92.1 FM
Ellensburg	KXLE	1240 AM
Forks	KBDB	96.7 FM
Grand Coulee	KEYG	98.5 FM
Longview	KEDO	1400 AM
Moses Lake	KBSN	1470 AM
Mt. Vernon	KAPS	660 AM
Mt. Vernon	KAPS	102.1 FM
Olympia	KGY	95.3 FM
Omak	KNCW	92.7 FM
Port Angeles	KONP	101.3 FM
Port Angeles	KONP	101.7 FM
Seattle	ESPN	710 AM
Seattle	KIRO	97.3 FM
Shelton	KMAS	1030 AM
Shelton	KMAS	103.3 FM
Spokane	KHTQ	94.5 FM
Tri-Cities	KONA	610 AM
Walla Walla	KUJ	1420 AM
Walla Walla	K233CJ	94.5 FM
Wenatchee	KPQ	560 AM
Yakima	KIT	1280 AM
Yakima	KIT	94.5 FM
ALASKA		
Anchorage	KBYR	700 AM
Anchorage	KTMB	102.1 FM
Cordova	KLAM	1450 AM
Juneau	KINY	800 AM
Juneau	KINY	103.5 FM
Kenai	KSRM	920 AM
ALASKA, CONTINUED		
Ketchikan	KTKN	930 AM
Ketchikan	KTKN	97.5 FM
Kodiak Island	KVOK	560 AM
Kodiak Island	KVOK	98.7 FM
Sitka	KIFW	1230 AM
BRITISH COLUMBIA		
Kelowna	CKFR	1150 AM
Vancouver	CFTE	1410 AM
Victoria	CFAX	1070 AM
IDAHO		
Boise	KBOI	670 AM
Lewiston	KCLK	1430 AM
Lewiston	KCLK	107.3 FM
St. Maries	KOFE	1240 AM
MONTANA		
Kalispell	KHNK	95.9 FM
Missoula	KKVU-HD4	102.9 FM
OREGON		
Astoria	KCRX	102.3 FM
Baker City	KKBC	95.3 FM
Bend	KLTW	95.7 FM
Eugene	KUJZ	95.3 FM
La Grande	KRJT	105.9 FM
Lebanon	KGAL	1580 AM
Medford	KTMT	580 AM
Portland	KFXX	1080 AM
Portland	KGON	92.3 FM
Salem	KYKN	1430 AM
The Dalles	KODL	1440 AM
The Dalles	KODL	99.1 FM
The Dalles	KODL	100.5 FM
HAWAII		
Honolulu	KIKI	990 AM

LUMEN FIELD



In 1996, Paul G. Allen obtained an option to purchase the Seattle Seahawks and launched a campaign to win public support for a new world-class football/soccer stadium and exhibition center. Six years later, the dream became reality as the Seahawks opened the 2002 preseason against the Indianapolis Colts in Seahawks Stadium, renamed Qwest Field on June 2, 2004. After seven seasons, the stadium was renamed CenturyLink Field on June 23, 2011, and later rebranded to Lumen Field on November 19, 2020.

The Lumen Field stadium complex includes Lumen Field and the 325,000 sq. ft. Lumen Field Event Center. The versatile Event Center is often converted into an intimate music theater to host a wide array of musical acts from Paul Simon to Snoop Dogg. The Lumen Field event complex, which includes Lumen Field, Lumen Field Event Center and WAMU Theater, manages more than 300 event days that attract more than 2.4 million attendees annually. In 2011, the stadium served as host to U2 with more than 70,000 fans in attendance, the largest attended event since the stadium opened in 2002. In 2018, Lumen Field received SAFETY Act Designation and Certification, the highest level of accreditation awarded by the U.S. Department of Homeland Security. Lumen Field was the fifth NFL stadium and second MLS stadium to achieve this certification. In 2020, Lumen Field achieved GBAC STAR Certification, the industry's gold standard for venue sanitization amid COVID-19. This accomplishment certified that Lumen Field had implemented the industry's most stringent protocols for cleaning, disinfection and infectious disease prevention.

LUMEN FIELD

LUMEN FIELD FACTS AND FIGURES

- The Lumen Field event complex, which includes Lumen Field, Lumen Field Event Center and WAMU Theater, typically manages more than 300 event days that attract more than 2.4 million attendees annually
- FGI employs over 800 staff for Seahawks game days and over 400 staff for Sounders FC matches on average each season
- 68,000 fixed seats
- 1,400 seats for people with disabilities and their companions – compared to 70 at the Kingdome
- 63 restrooms – twice as many as the Kingdome
- 100% of urinals are retrofitted with low-flow fixtures, saving more 1.3 million gallons of water every year.
- 12 elevators — compared to three at the Kingdome
- 50 concession stands and 47 beer concessions – twice as many per person as the Kingdome
- 97% of the concrete from the Kingdome was processed and recycled (35% built into Lumen Field)
- 2,000 car garage
- 14 electric vehicle chargers – 12 in north lot and two in the garage
- Events hosted in the Lumen Field Event Center have generated more than $5 million for Common School Fund

RECENT UPGRADES

- Since 2011, the Seahawks have committed more than $90 million in stadium upgrades
- In 2012, two Mitsubishi Electric Diamond Vision video displays were installed. The new video displays introduced fans to a new and enhanced viewing experience.
- In 2013, capital improvements to the stadium included an expanded and re-designed retail store with an increased footprint from 3,000 to 7,400 square feet and 30 new mobile points-of-sale in addition to a new Beer Hall featuring 14 different selections. FGI installed 47 new digital menu boards and HD TVs to provide flexibility in pricing and menu.
- In 2014, the Seahawks and Verizon made significant enhancements to the wireless network at Lumen Field to provide fans with free open access to Wi-Fi. Super Bowl XLVIII Roman Numerals were installed in the Northwest Plaza.
- In 2015, the Seahawks constructed the Toyota Fan Deck, which adds 1,000 padded seats in two new seating sections in the south end upper level.
- In 2016, the Seahawks added a high-definition LED board below the upper bowl, renovated the working press box and added four new Press Box suites.
- In 2017, the Seahawks enhanced the food and beverage experience by adding even more local cuisines at the Stadium Street Market, Night Market, and the Elysian Zone.
- In 2020, in an effort to boost guest experience through faster lines and more efficient sales processes, Lumen Field transitioned to cashless operations for sales transactions at the stadium, the Lumen Field Event Center and WAMU Theater.
- In 2021, Lumen Field added numerous upgrades as part of COVID-19 health and safety efforts, including:
  - Hand sanitizer stations: 300+
  - Self-service concession kiosks: 300
  - Self-service ticket scanning pedestals: 110
  - Additional "Grab and Go" concessions stations
  - Security magnetometer upgrades
  - HVAC system upgraded to MERV-13 in all indoor spaces
  - Restrooms upgraded to feature touchless faucets, toilets and urinals
  - Box Office upgraded with new technology to digitally send tickets to mobile devices on demand

LUMEN FIELD SUSTAINABILITY

Lumen Field continues to be a leader in environmentally friendly and sustainable sports and entertainment facilities around the world. In January 2018, Lumen Field received a "Waste Wise" award from the Environmental Protection Agency for its waste prevention and reduction activities and an international "Sustainability and Community" award at the Stadium Business Summit in London. In 2019, Lumen Field received the "Community Impact Gold Award for Sustainability" from Seattle Business Magazine and "Environment Protection Agency Very Large Business Partner of the Year Award" in April 2020.

Lumen Field sustainability accomplishments:

- An average of 95% of all facility waste was recycled or composted the last several years with more than 1,500 tons of material diverted from the landfill. Waste tracking began in 2006 when the facility recorded a diversion rate of 4.66%.
- Stadium diverts approximately 16.4 tons of food waste from landfills per Seahawks home game. That material goes to Cedar Grove Composting to be produced into compost.
- In 2019, the stadium installed a bio-digester which has broken down nearly four tons of pre-consumer food waste.
- Average of seven tons of donated food to Pacific Northwest organizations including FareStart, Food Lifeline and Salvation Army each year.
- Lumen Field was the first NFL stadium to be Smart Catch certified and the stadium remains committed to purchasing fresh, local and sustainable seafood.
- Lumen Field's local partners include more than 50 farmers, ranchers, fishing companies, bakers, and other food purveyors whose practices are ethical and sustainable – supporting economic development within our vibrant, local farming and culinary communities which also helps to decrease the stadium's carbon footprint.
- In 2021, Lumen Field and the Seahawks were a founding partner of PLAY, a recognition and sustainability performance toolkit powered by ARC, in collaboration with the Green Sports Alliance.

FIRST & GOAL INC.

In June of 1997, Washington State voters approved a funding package to build a new football/soccer stadium and exhibition center. With that, Paul G. Allen and Football Northwest created First & Goal Inc., to manage the stadium and event center on a daily basis.

FIRST & GOAL HOSPITALITY AND LEVY

The Seattle Seahawks and First & Goal Inc. created First & Goal Hospitality (FGH) in 2017 as a local Seattle company focused exclusively on delivering the best food experience to fans and guests at Lumen Field. In 2020, the Seahawks announced that FGH had partnered with Levy, the market leader in defining hospitality at major sports and entertainment venues and events, to manage operations at all facilities at Lumen Field. Under the partnership, FGH continues to be the banner for hospitality during events at Lumen Field, Lumen Field Event Center, and WAMU Theater, while Levy manages day-to-day operations with its industry-leading operational resources and expertise.

LUMEN FIELD FUNDING

The $430 million facility is owned by the public and was funded by a private-public partnership. Private contributions totaled at least $130 million, while the public contributed up to $300 million through a lottery and a variety of taxes generated by events in the stadium/exhibition center.

A breakdown of the funding package:

- $130 million private investment led by Paul G. Allen
- $127 million from new, sports related lottery games, similar to the Mariners' baseball-themed scratch games
- $101 million in sales taxes collected in King County attributable to events in the stadium/event center
- $56 million from facility admission and parking taxes
- $15 million from extending King County's share of the existing hotel-motel tax
- Paul G. Allen agreed to pay for any construction cost overruns
- $1 million per year of in-kind advertising for the new lottery games will be provided by Paul G. Allen
- All excess stadium revenues will fund youth athletic facilities throughout Washington State in addition to a $10 million contribution from Paul G. Allen
- $14 million of the public contribution will come from interest earned on the $50 million private contribution from Paul G. Allen
- As an added measure, the debt on the Kingdome was retired, freeing property taxes for other purposes

VIRGINIA MASON ATHLETIC CENTER

The Seahawks moved into the 200,000 square foot waterfront facility in August 2008.The property is bounded by Interstate 405 to the east, Lake Washington to the west, residential property to the north and 44th Street to the south.

The privately funded practice facility is situated on 19 acres of industrial property. It houses a permanent indoor practice facility, and the team's entire front office. In addition, there are three outdoor practice fields, 50,000 square feet of training facility space, 15,000 square feet of player meeting space and 48,000 square feet of administrative office space. VMAC allows fans to watch practice during training camp.

Purchased by Vulcan Real Estate in 2000, the land was formerly home to a coal tar refinery & creosote plant, since remediated by Vulcan in concert with the City of Renton and the Washington State Department of Ecology. The project will improve the environmental climate of Renton and its wetlands by improving and redeveloping the site. Since the team's inaugural season in 1976, the Seahawks were housed at Carillon Point for 10.5 years from 1976-86.

Official Name	Virginia Mason Athletic Center The facility name is part of a broad Seattle Seahawks and Virginia Mason partnership to support the health and well-being of our community
Location	The site is bounded by Interstate 405 to the east, Lake Washington to the west, residential properties to the north and open land area to the south. Its southern boundary is located approximately 1/4 of mile north of 44th Street.
Site Size	Approximately 19.0 acres of buildable land area.
Project Size	Approximately 200,000 gross square feet of enclosed space including the indoor practice field.
Building Size	Approximately 124,000 gross square feet of administration and training facilities.
Outdoor Fields Area	Three regulation size grass fields
Indoor Practice Area	One regulation size artificial field with clear height of 95' allowing for kicking and punting.
First Floor	Team area and auditorium, including locker room, lounge, training room, weight room, team meeting rooms and media production studios.
Second Floor	Seahawks football administration. Approximately 48,000 gross square feet of coaching and football personnel offices, draft room, cafeteria and weight room mezzanine.
Third Floor	Seahawks administrative offices.
Training Camp	The new facility will host Seahawks training camp.
VMAC Programming	The VMAC will serve as a location for health and community programming.
On Site Parking	Approximately 275 cars
Construction Schedule	18 months
Ground Breaking	January 2007
Completion Date	Summer 2008
Architects	Crawford Architects
Funding	Private
Property Owner	Port Quendall Company

KINGDOME

The Kingdome was originally located on 35.9 acres. Due to construction of the new parking garage and event center the acreage converted to 23.9 acres.

The Kingdome had the largest concrete roof in the world - 7.85 acres. A new roof and ceiling was completed in 1994. The new ceiling had improved acoustics through the use of a spray on cellulose material.

The building itself, contained 52,800 cubic yards of concrete and 443 tons of structural steel.

It was 250 feet high and 660 feet across to the inside walls making it wider than the Space Needle is tall.

The Kingdome hosted football, soccer, baseball, basketball, tennis, volleyball, rodeos, motor sports, concerts, meetings and trade & consumer shows of all types.

The Kingdome boasted the 43rd largest facility exhibition space in North America.

More than 72 million people entered the Kingdome through a variety of entertainment over 23 years.

Over 3,250 major events were held and many hundreds of smaller special events.

The largest event attendance at the Kingdome was 74,000, set on May 14, 1976 during a Billy Graham Crusade.

Original cost, including property, was $67 million; another $47 million in capital improvements was added over the years. The remaining debt on both the original cost and capital improvements is $57 million.

The roof and ceiling renovation was $70 million.

The total debt on the Kingdome is $127 million with the majority of it due to be retired in the year 2016.

Annual payments of $6.3 million are received from a two-percent hotel/motel room tax and a one-percent rental car tax. This pays for the original construction, the roof and ceiling repair and millions of dollars in improvements.

The stadium employed 70 full-time staff and up to 1,200 part-time event personnel.

At one point, the Kingdome was home to four professional sports- baseball, football, basketball and soccer (*Seattle Sounders*).

The Kingdome was imploded on March 26, 2000.

TOP 10 MOMENTS*

November 7, 1976
First home win versus the Atlanta Falcons

November 16, 1981
First regular season victory over San Diego on Monday Night Football after eight straight previous defeats

December 24, 1983
First home playoff win versus the Denver Broncos

November 4, 1984
NFL record four interceptions returned for touchdowns against the Kansas City Chiefs

December 2, 1984
Clinched a playoff berth with a 38-17 win over Detroit

December 22, 1984
Eliminated defending Super Bowl Champion Los Angeles Raiders in the AFC Wild Card Game at the Kingdome

October 6, 1986
Steve Largent breaks the NFL record for consecutive games with a pass reception against San Diego on Monday Night Football

December 11, 1988
Seahawks score on their first six possessions in a 42-17 victory over the Denver Broncos/Largent hit on Mike Harden.

November 30, 1992
Play-by-play announcer Pete Gross is inducted into the Seahawks Ring of Honor

November 3, 1996
John Friesz threw for 323 yards, the first 300-yard passing game since 1990 in a 23-16 win over the Houston Oilers

**Top 10 Moments as voted on by Seahawks fans via the team's official web site, www.seahawks.com, prior to the final regular season game played on December 26, 1999*

HUSKY STADIUM

The Seattle Seahawks played their entire 2000 and 2001 home schedule at Husky Stadium. With the demolition of the Kingdome and creation of the new football stadium, the Seahawks looked to the home of the Washington Huskies for the 2000 and 2001 NFL seasons.

Seating capacity at Husky Stadium for Seahawks games was 68,589, with nearly 70 percent of those seats between the endzones.

The Seahawks played three regular season and two preseason games at the stadium in 1994, when ceiling tiles fell from the Kingdome's roof.

Built in 1902 at a cost of $600,000, the stadium's initial capacity was 30,000. The stadium officially opened on November 27, 1920, when Dartmouth defeated the University of Washington, 28-7.

Capacity was increased to 40,000 in 1936 and again to 55,000 in 1950. The second of these upgrades included roof-covered seats in the south stands and cost $1.7 million. The current press box was originally constructed as part of the 1950 expansion.

An additional 4,000 seats were added in 1968, to take capacity to 59,000.

Husky Stadium became just the second stadium to don AstroTurf, when it replaced the original natural grass in 1968. The University of Washington supplied more than 200 pairs of shoes for opponents, due to the rarity of the surface. The turf was replaced in 1972, 1977, 1987, 1995, and new FieldTurf was laid down in 2000. Seating capacity increased one more time in 1987, in a $13 million project.

FORMER KIRKLAND HEADQUARTERS

From June 18, 1986, through training camp of 2008, the Seattle Seahawks office and training headquarters was located adjacent to Northwest University in Kirkland, Washington.

The two-story building went through major renovation that was completed in 1999, to create a first-class facility. The lower-level housed meeting rooms, locker rooms for the players and coaches, training and equipment rooms as well as an expanded strength and conditioning area.

Upstairs houses the administrative offices, coaches offices, and conference rooms. The Seahawks were able to practice on three regulation fields, two natural grass and one artificial turf. The original turf field was replaced by a new one in 1997. That field was then covered by an inflatable bubble as the weather worsened.

SEAHAWKS.COM

Online fans all over the world have the opportunity to stay up-to-date with Seahawks news at Seahawks.com or the Seahawks mobile app, the official website and app of the Seattle Seahawks.

Fans are able to read game previews, post-game summaries, player spotlights, community event articles and all other Seahawks news from Seahawks.com's writer John Boyle. Jackie Montgomery is the online host for video reports each week from practice. The site also includes exclusive game day coverage with in-depth analysis, inside photos and scoring updates.

Montgomery

Boyle

The Seahawks Dancers also have their own website at SeahawksDancers.com featuring photos, videos, and stories.

Fans may also tune in for live video streaming of coach and player press conferences every week during the season by visiting Seahawks.com/Live.

Fans are encouraged to follow the Seahawks and Coach Carroll on Twitter: @Seahawks and @PeteCarroll, and in other forms of social media listed at right.

SOCIAL MEDIA

On Facebook

facebook.com/Seahawks
facebook.com/SeahawksProShop
facebook.com/Seahawks.Dancers
facebook.com/lumenfield

On Twitter

@Seahawks
@12s
@PeteCarroll
@winSeahawks
@SeahawksDancers
@SeahawksProShop
@lumenfield
@BTDrumline
@BlitzTheSeahawk
@TaimatheHawk

On Instagram

@seahawks
@seahawksproshop
@seahawksdancers
@12s
@lumenfield
@blitztheseahawk

On TikTok

@seahawks
@blitztheseahawk

On Snapchat

"Seahawks"
"SeahawksDancers"

2021 PRESEASON SCHEDULE

(All times Eastern/PM)

NFL/HALL OF FAME GAME – AUGUST 5

Pittsburgh vs. Dallas (FOX), 8:00

WEEK 1

THURSDAY, AUGUST 12

Washington at New England, 7:30
Pittsburgh at Philadelphia, 7:30

FRIDAY, AUGUST 13

Tennessee at Atlanta, 7:00
Buffalo at Detroit, 7:00
Dallas at Arizona, 10:00
Saturday, August 14
Miami at Chicago, 1:00
Denver at Minnesota, 4:00
New Orleans at Baltimore, 7:00
Cleveland at Jacksonville, 7:00
New York Jets at New York Giants, 7:30
Cincinnati at Tampa Bay, 7:30
Houston at Green Bay, 8:00
Kansas City at San Francisco, 8:30
Seattle at Las Vegas, 9:00
L.A. Chargers at L.A. Rams, 10:00

SUNDAY, AUGUST 15

Carolina at Indianapolis, 1:00

WEEK 2

THURSDAY, AUGUST 19

New England at Philadelphia, 7:30

FRIDAY, AUGUST 20

Kansas City at Arizona (ESPN), 8:00
Cincinnati at Washington, 8:00

SATURDAY, AUGUST 21

Buffalo at Chicago, 1:00
New York Jets at Green Bay, 4:25
Baltimore at Carolina, 7:00
Atlanta at Miami, 7:00
Detroit at Pittsburgh, 7:30
Tennessee at Tampa Bay, 7:30
Houston at Dallas, 8:00
Indianapolis at Minnesota, 8:00
Las Vegas at Los Angeles Rams, 10:00
Denver at Seattle, 10:00

SUNDAY, AUGUST 22

New York Giants at Cleveland, 1:00
San Francisco at Los Angeles Chargers, 7:30

MONDAY, AUGUST 23

Jacksonville at New Orleans (ESPN), 8:00

WEEK 3

FRIDAY, AUGUST 27

Indianapolis at Detroit, 7:00
Pittsburgh at Carolina, 7:30
Philadelphia at New York Jets, 7:30
Minnesota at Kansas City, 8:00
Saturday, August 28
Green Bay at Buffalo, 1:00
Baltimore at Washington, 6:00
Chicago at Tennessee, 7:00
Tampa Bay at Houston, 8:00
Arizona at New Orleans, 8:00
Los Angeles Rams at Denver, 9:05
Los Angeles Chargers at Seattle, 10:00

SUNDAY, AUGUST 29

Jacksonville at Dallas, 1:00
Miami at Cincinnati (CBS), 4:00
Las Vegas at San Francisco, 4:00
New England at New York Giants, 6:00
Cleveland at Atlanta (NBC), 8:00

2021 REGULAR SEASON SCHEDULE

(Games grouped by start times and listed alphabetically by home team)

WEEK 1

THURSDAY, SEPTEMBER 09, 2021

Dallas at Tampa Bay	8:20p (ET)

SUNDAY, SEPTEMBER 12, 2021

Philadelphia at Atlanta	1:00p (ET)
Pittsburgh at Buffalo	1:00p (ET)
N.Y. Jets at Carolina	1:00p (ET)
Minnesota at Cincinnati	1:00p (ET)
San Francisco at Detroit	1:00p (ET)
Jacksonville at Houston	12:00p (CT)
Seattle at Indianapolis	1:00p (ET)
Arizona at Tennessee	12:00p (CT)
L.A. Chargers at Washington	1:00p (ET)
Cleveland at Kansas City	3:25p (CT)
Miami at New England	4:25p (ET)
Green Bay at New Orleans	3:25p (CT)
Denver at N.Y. Giants	4:25p (ET)
Chicago at L.A. Rams	5:20p (PT)

MONDAY, SEPTEMBER 13, 2021

Baltimore at Las Vegas	5:15p (PT)

WEEK 2

THURSDAY, SEPTEMBER 16, 2021

N.Y. Giants at Washington	8:20p (ET)

SUNDAY, SEPTEMBER 19, 2021

New Orleans at Carolina	1:00p (ET)
Cincinnati at Chicago	12:00p (CT)
Houston at Cleveland	1:00p (ET)
L.A. Rams at Indianapolis	1:00p (ET)
Denver at Jacksonville	1:00p (ET)
Buffalo at Miami	1:00p (ET)
New England at N.Y. Jets	1:00p (ET)
San Francisco at Philadelphia	1:00p (ET)
Las Vegas at Pittsburgh	1:00p (ET)
Minnesota at Arizona	1:05p (MT)
Atlanta at Tampa Bay	4:05p (ET)
Dallas at L.A. Chargers	1:25p (PT)
Tennessee at Seattle	1:25p (PT)
Kansas City at Baltimore	8:20p (ET)

MONDAY, SEPTEMBER 20, 2021

Detroit at Green Bay	7:15p (CT)

WEEK 3

THURSDAY, SEPTEMBER 23, 2021

Carolina at Houston	7:20p (CT)

SUNDAY, SEPTEMBER 26, 2021

Washington at Buffalo	1:00p (ET)
Chicago at Cleveland	1:00p (ET)
Baltimore at Detroit	1:00p (ET)
Arizona at Jacksonville	1:00p (ET)
L.A. Chargers at Kansas City	12:00p (CT)
New Orleans at New England	1:00p (ET)
Atlanta at N.Y. Giants	1:00p (ET)
Cincinnati at Pittsburgh	1:00p (ET)
Indianapolis at Tennessee	12:00p (CT)
N.Y. Jets at Denver	2:05p (MT)
Miami at Las Vegas	1:05p (PT)
Tampa Bay at L.A. Rams	1:25p (PT)
Seattle at Minnesota	3:25p (CT)
Green Bay at San Francisco	5:20p (PT)

MONDAY, SEPTEMBER 27, 2021

Philadelphia at Dallas	7:15p (CT)

WEEK 4

THURSDAY, SEPTEMBER 30, 2021

Jacksonville at Cincinnati	8:20p (ET)

SUNDAY, OCTOBER 03, 2021

Washington at Atlanta	1:00p (ET)
Houston at Buffalo	1:00p (ET)
Detroit at Chicago	12:00p (CT)
Carolina at Dallas	12:00p (CT)
Indianapolis at Miami	1:00p (ET)
Cleveland at Minnesota	12:00p (CT)
N.Y. Giants at New Orleans	12:00p (CT)
Tennessee at N.Y. Jets	1:00p (ET)
Kansas City at Philadelphia	1:00p (ET)
Arizona at L.A. Rams	1:05p (PT)
Seattle at San Francisco	1:05p (PT)
Baltimore at Denver	2:25p (MT)
Pittsburgh at Green Bay	3:25p (CT)
Tampa Bay at New England	8:20p (ET)

MONDAY, OCTOBER 04, 2021

Las Vegas at L.A. Chargers	5:15p (PT)

WEEK 5

THURSDAY, OCTOBER 07, 2021

L.A. Rams at Seattle	5:20p (PT)

SUNDAY, OCTOBER 10, 2021

N.Y. Jets at Atlanta (London)	2:30p (BST)
Philadelphia at Carolina	1:00p (ET)
Green Bay at Cincinnati	1:00p (ET)
New England at Houston	12:00p (CT)
Tennessee at Jacksonville	1:00p (ET)
Detroit at Minnesota	12:00p (CT)
Denver at Pittsburgh	1:00p (ET)
Miami at Tampa Bay	1:00p (ET)
New Orleans at Washington	1:00p (ET)
Cleveland at L.A. Chargers	1:05p (PT)
Chicago at Las Vegas	1:05p (PT)
San Francisco at Arizona	1:25p (MT)
N.Y. Giants at Dallas	3:25p (CT)
Buffalo at Kansas City	7:20p (CT)*

MONDAY, OCTOBER 11, 2021

Indianapolis at Baltimore	8:15p (ET)

WEEK 6

THURSDAY, OCTOBER 14, 2021

Tampa Bay at Philadelphia	8:20p (ET)

SUNDAY, OCTOBER 17, 2021

Miami at Jacksonville (London)	2:30p (BST)
L.A. Chargers at Baltimore	1:00p (ET)
Minnesota at Carolina	1:00p (ET)
Green Bay at Chicago	12:00p (CT)
Cincinnati at Detroit	1:00p (ET)
Houston at Indianapolis	1:00p (ET)
L.A. Rams at N.Y. Giants	1:00p (ET)
Kansas City at Washington	1:00p (ET)
Arizona at Cleveland	4:05p (ET)
Las Vegas at Denver	2:25p (MT)
Dallas at New England	4:25p (ET)
Seattle at Pittsburgh	8:20p (ET)*

MONDAY, OCTOBER 18, 2021

Buffalo at Tennessee	7:15p (CT)

WEEK 7

THURSDAY, OCTOBER 21, 2021

Denver at Cleveland	8:20p (ET)

SUNDAY, OCTOBER 24, 2021

Cincinnati at Baltimore	1:00p (ET)
Washington at Green Bay	12:00p (CT)
Atlanta at Miami	1:00p (ET)
N.Y. Jets at New England	1:00p (ET)
Carolina at N.Y. Giants	1:00p (ET)
Kansas City at Tennessee	12:00p (CT)
Detroit at L.A. Rams	1:05p (PT)
Philadelphia at Las Vegas	1:05p (PT)
Houston at Arizona	1:25p (MT)
Chicago at Tampa Bay	4:25p (ET)
Indianapolis at San Francisco	5:20p (PT)*

MONDAY, OCTOBER 25, 2021

New Orleans at Seattle	5:15p (PT)

WEEK 8

THURSDAY, OCTOBER 28, 2021

Green Bay at Arizona	5:20p (MT)

SUNDAY, OCTOBER 31, 2021

Carolina at Atlanta	1:00p (ET)
Miami at Buffalo	1:00p (ET)
San Francisco at Chicago	12:00p (CT)
Pittsburgh at Cleveland	1:00p (ET)
Philadelphia at Detroit	1:00p (ET)
L.A. Rams at Houston	12:00p (CT)
Tennessee at Indianapolis	1:00p (ET)
Cincinnati at N.Y. Jets	1:00p (ET)
New England at L.A. Chargers	1:05p (PT)
Jacksonville at Seattle	1:05p (PT)
Washington at Denver	2:25p (MT)
Tampa Bay at New Orleans	3:25p (CT)
Dallas at Minnesota	7:20p (CT)*

MONDAY, NOVEMBER 01, 2021

N.Y. Giants at Kansas City	7:15p (CT)

WEEK 9

THURSDAY, NOVEMBER 04, 2021

N.Y. Jets at Indianapolis	8:20p (ET)

SUNDAY, NOVEMBER 07, 2021

Minnesota at Baltimore	1:00p (ET)
New England at Carolina	1:00p (ET)
Cleveland at Cincinnati	1:00p (ET)
Denver at Dallas	12:00p (CT)
Buffalo at Jacksonville	1:00p (ET)
Houston at Miami	1:00p (ET)
Atlanta at New Orleans	12:00p (CT)
Las Vegas at N.Y. Giants	1:00p (ET)
L.A. Chargers at Philadelphia	4:05p (ET)
Green Bay at Kansas City	3:25p (CT)
Arizona at San Francisco	1:25p (PT)
Tennessee at L.A. Rams	5:20p (PT)*

MONDAY, NOVEMBER 08, 2021

Chicago at Pittsburgh	8:15p (ET)

WEEK 10

THURSDAY, NOVEMBER 11, 2021

Baltimore at Miami	8:20p (ET)

SUNDAY, NOVEMBER 14, 2021

Atlanta at Dallas	12:00p (CT)
Jacksonville at Indianapolis	1:00p (ET)
Cleveland at New England	1:00p (ET)
Buffalo at N.Y. Jets	1:00p (ET)
Detroit at Pittsburgh	1:00p (ET)
New Orleans at Tennessee	12:00p (CT)
Tampa Bay at Washington	1:00p (ET)
Carolina at Arizona	2:05p (MT)
Minnesota at L.A. Chargers	1:05p (PT)
Philadelphia at Denver	2:25p (MT)
Seattle at Green Bay	3:25p (CT)
Kansas City at Las Vegas	5:20p (PT)*

MONDAY, NOVEMBER 15, 2021

L.A. Rams at San Francisco	5:15p (PT)

WEEK 11

THURSDAY, NOVEMBER 18, 2021

New England at Atlanta	8:20p (ET)

SUNDAY, NOVEMBER 21, 2021

Indianapolis at Buffalo	1:00p (ET)
Washington at Carolina	1:00p (ET)
Baltimore at Chicago	12:00p (CT)
Detroit at Cleveland	1:00p (ET)
San Francisco at Jacksonville	1:00p (ET)
Green Bay at Minnesota	12:00p (CT)
Miami at N.Y. Jets	1:00p (ET)
New Orleans at Philadelphia	1:00p (ET)
Houston at Tennessee	12:00p (CT)
Cincinnati at Las Vegas	1:05p (PT)
Dallas at Kansas City	3:25p (CT)
Arizona at Seattle	1:25p (PT)
Pittsburgh at L.A. Chargers	5:20p (PT)*

MONDAY, NOVEMBER 22, 2021

N.Y. Giants at Tampa Bay	8:15p (ET)

WEEK 12

THURSDAY, NOVEMBER 25, 2021 THANKSGIVING

Chicago at Detroit	12:30p (ET)
Las Vegas at Dallas	3:30p (CT)
Buffalo at New Orleans	7:20p (CT)

SUNDAY, NOVEMBER 28, 2021

Pittsburgh at Cincinnati	1:00p (ET)
N.Y. Jets at Houston	12:00p (CT)
Tampa Bay at Indianapolis	1:00p (ET)
Atlanta at Jacksonville	1:00p (ET)
Carolina at Miami	1:00p (ET)
Tennessee at New England	1:00p (ET)
Philadelphia at N.Y. Giants	1:00p (ET)
L.A. Chargers at Denver	2:05p (MT)
L.A. Rams at Green Bay	3:25p (CT)
Minnesota at San Francisco	1:25p (PT)
Cleveland at Baltimore	8:20p (ET)*

MONDAY, NOVEMBER 29, 2021

Seattle at Washington	8:15p (ET)

WEEK 13

THURSDAY, DECEMBER 02, 2021

Dallas at New Orleans	7:20p (CT)

SUNDAY, DECEMBER 05, 2021

Tampa Bay at Atlanta	1:00p (ET)
Arizona at Chicago	12:00p (CT)
L.A. Chargers at Cincinnati	1:00p (ET)
Minnesota at Detroit	1:00p (ET)
Indianapolis at Houston	12:00p (CT)
Denver at Kansas City	12:00p (CT)
N.Y. Giants at Miami	1:00p (ET)
Philadelphia at N.Y. Jets	1:00p (ET)
Washington at Las Vegas	1:05p (PT)
Jacksonville at L.A. Rams	1:25p (PT)
Baltimore at Pittsburgh	4:25p (ET)
San Francisco at Seattle	5:20p (PT)*

MONDAY, DECEMBER 06, 2021

New England at Buffalo	8:15p (ET)

WEEK 14

THURSDAY, DECEMBER 09, 2021

Pittsburgh at Minnesota	7:20p (CT)

SUNDAY, DECEMBER 12, 2021

Atlanta at Carolina	1:00p (ET)
San Francisco at Cincinnati	1:00p (ET)
Baltimore at Cleveland	1:00p (ET)
Seattle at Houston	12:00p (CT)
Las Vegas at Kansas City	12:00p (CT)
New Orleans at N.Y. Jets	1:00p (ET)
Jacksonville at Tennessee	12:00p (CT)
Dallas at Washington	1:00p (ET)
Detroit at Denver	2:05p (MT)

SUNDAY, DECEMBER 12, 2021 CONTINUED

N.Y. Giants at L.A. Chargers	1:05p (PT)
Buffalo at Tampa Bay	4:25p (ET)
Chicago at Green Bay	7:20p (CT)*

MONDAY, DECEMBER 13, 2021

L.A. Rams at Arizona	6:15p (MT)

WEEK 15

THURSDAY, DECEMBER 16, 2021

Kansas City at L.A. Chargers	5:20p (PT)

SATURDAY, DECEMBER 18, 2021

TBD	4:30p
TBD	8:15p

SATURDAY POOL DATE/TIME/ NETWORK TBD

Carolina at Buffalo	TBD
Las Vegas at Cleveland	TBD
New England at Indianapolis	TBD
N.Y. Jets at Miami	TBD
Washington at Philadelphia	TBD

SUNDAY, DECEMBER 19, 2021

Green Bay at Baltimore	1:00p (ET)
Arizona at Detroit	1:00p (ET)
Houston at Jacksonville	1:00p (ET)
Dallas at N.Y. Giants	1:00p (ET)
Tennessee at Pittsburgh	1:00p (ET)
Cincinnati at Denver	2:05p (MT)
Atlanta at San Francisco	1:05p (PT)
Seattle at L.A. Rams	1:25p (PT)
New Orleans at Tampa Bay	8:20p (ET)*

MONDAY, DECEMBER 20, 2021

Minnesota at Chicago	7:15p (CT)

WEEK 16

THURSDAY, DECEMBER 23, 2021

San Francisco at Tennessee	7:20p (CT)

SATURDAY, DECEMBER 25, 2021

Cleveland at Green Bay	3:30p (CT)
Indianapolis at Arizona	6:15p (MT)

SUNDAY, DECEMBER 26, 2021

Detroit at Atlanta	1:00p (ET)
Tampa Bay at Carolina	1:00p (ET)
Baltimore at Cincinnati	1:00p (ET)
L.A. Chargers at Houston	12:00p (CT)
L.A. Rams at Minnesota	12:00p (CT)
Buffalo at New England	1:00p (ET)
Jacksonville at N.Y. Jets	1:00p (ET)
N.Y. Giants at Philadelphia	1:00p (ET)
Chicago at Seattle	1:05p (PT)
Pittsburgh at Kansas City	3:25p (CT)
Denver at Las Vegas	1:25p (PT)
Washington at Dallas	7:20p (CT)*

MONDAY, DECEMBER 27, 2021

Miami at New Orleans	7:15p (CT)

WEEK 17

SUNDAY, JANUARY 02, 2022

Atlanta at Buffalo	1:00p (ET)
N.Y. Giants at Chicago	12:00p (CT)
Kansas City at Cincinnati	1:00p (ET)
Arizona at Dallas	12:00p (CT)
Las Vegas at Indianapolis	1:00p (ET)
Jacksonville at New England	1:00p (ET)
Carolina at New Orleans	12:00p (CT)
Tampa Bay at N.Y. Jets	1:00p (ET)
Miami at Tennessee	12:00p (CT)
Philadelphia at Washington	1:00p (ET)
Denver at L.A. Chargers	1:05p (PT)
Houston at San Francisco	1:05p (PT)
L.A. Rams at Baltimore	4:25p (ET)
Detroit at Seattle	1:25p (PT)
Minnesota at Green Bay	7:20p (CT)*

MONDAY, JANUARY 03, 2022

Cleveland at Pittsburgh	8:15p (ET)

WEEK 18

SATURDAY, JANUARY 08, 2022

TBD	4:30p
TBD	TBD

SUNDAY, JANUARY 09, 2022

New Orleans at Atlanta	1:00p (ET)
Pittsburgh at Baltimore	1:00p (ET)
N.Y. Jets at Buffalo	1:00p (ET)
Cincinnati at Cleveland	1:00p (ET)
Green Bay at Detroit	1:00p (ET)
Tennessee at Houston	12:00p (CT)
Indianapolis at Jacksonville	1:00p (ET)
New England at Miami	1:00p (ET)
Chicago at Minnesota	12:00p (CT)
Washington at N.Y. Giants	1:00p (ET)
Dallas at Philadelphia	1:00p (ET)
Carolina at Tampa Bay	1:00p (ET)
Seattle at Arizona	2:25p (MT)
Kansas City at Denver	2:25p (MT)
San Francisco at L.A. Rams	1:25p (PT)
L.A. Chargers at Las Vegas	1:25p (PT)

* - Sunday night games in Weeks 5-17 subject to change; Week 18 game TBD

** NFL Network and Amazon simulcast subject to change

In Week 18, games eligible to be played on Saturday at 4:30pm and 8:15pm ET or Sunday at 1:00pm, 4:25pm, or 8:20pm

All times team local time

SEAHAWKS STAFF

ADMINISTRATION

CEO, Vulcan Sports & Entertainment . . . . . Chris McGowan
President, Seahawks & FGI . . . . . Chuck Arnold
Executive Vice President of Football Operations
& Head Coach . . . . . Pete Carroll
Executive Vice President/General Manager . . . . . John Schneider
Chief Legal Officer . . . . . Ed Goines
Chief Human Resources Officer . . . . . Cindy Kelley
Chief Communications Officer . . . . . Dave Pearson
Chief Financial Officer . . . . . Karen Spencer
Chief Revenue Officer . . . . . Amy Sprangers
Chief Operating Officer . . . . . David Young
Vice President/Human Resources. . . . . Sarita Carter
Vice President/General Counsel . . . . . Alen Cisija
Vice President/Business Strategy & Analytics . . . . . Jeff Dunn
Vice President/Finance . . . . . Peter Fonfara
Vice President/Community Outreach. . . . . Mike Flood
Vice President/Operations & GM of Lumen Field . . . . . Zach Hensley
Vice President/Player Engagement . . . . . Maurice Kelly
Vice President/Ticket Sales & Service . . . . . Chris Lawrence
Vice President/Marketing & Community Engagement . . . . . Jeff Richards
Vice President/Technology . . . . . Chip Suttles
Vice President/Football Administration . . . . . Matt Thomas
Vice President/Diversity, Equity & Inclusion . . . . . Karen Wilkins-Mickey
Vice President/Corporate Partnerships . . . . . Lisa Young
Director of Government Affairs & Compliance . . . . . Drew Johnston
Director of Human Resources . . . . . Eric Heuston
Human Resources Manager . . . . . Claire Penhale
Human Resources Coordinator . . . . . Marie Hayman
VMAC Security Manager . . . . . Dave Love
Security Officer . . . . . Isaiah Carter, Andrea Feik,
. . . . . Randy Jackson, Trevor Lewis, Bill Nayes
Hospitality & Events Manager . . . . . Erin Mooney
Corporate Hospitality Manager . . . . . Katie MacLean
Executive Assistant/President . . . . . Chelsy West
Legal Coordinator & Executive Assistant . . . . . Amanda Privatt
Receptionist . . . . . Jill Quinn
Office Assistant . . . . . John Martin

FINANCE

Controller . . . . . Ping Chen
Accounting Manager . . . . . Deepthi Krishnan, Faruk Punjani
Payroll Manager . . . . . Ben Draeger
Senior Accountant . . . . . Michelle Wright
Accounting Coordinator . . . . . Tina Godfrey
Purchasing Coordinator/Accounts Payable . . . . . Heather Stamp
Payroll Accountant/FGI . . . . . Daphne Spakowsky
Director of Finance/FGI . . . . . Behren Aydt
Operations Finance Senior Manager/FGI . . . . . Lisa Zevenbergen
Accounting Manager/FGI. . . . . Tory Bray

FINANCE, CONTINUED

Senior Accountant/FGI . . . . . Michael Sattler
Senior Business Analyst . . . . . Peter Bach
Director of Business Strategy & Analytics . . . . . Paimon Jaberi
Director of Food & Beverage Strategy & Analytics/VSE . . . . . Duncan Patton
Business Strategy & Analytics Manager. . . . . Desirae Bamba
Senior Data Engineer . . . . . Victor Nguyen
CRM Administrator. . . . . Alex Buford

INFORMATION TECHNOLOGY

Director of IT/Information Security Officer . . . . . Sterling Monroe
Application Developer . . . . . Monte Happ, Joseph Nicoletti
Senior Systems Administrator . . . . . Allen Olson, Steve Steensma
Database Architect/Application Developer . . . . . Josh Smith
Database Administrator . . . . . Dan Skutt
IT Manager - Lumen Field. . . . . Nick Johnson

COMMUNICATIONS & BROADCASTING

Director of Business Communications . . . . . Kaitlin Goodall
Director of Communications. . . . . Jeff Garza
Director of Broadcasting . . . . . Brian O'Connell
Director of Media Service Operations . . . . . Julie Barber
Communications Manager. . . . . Rich Gonzales
Communications Assistant . . . . . Chris Whitehead
Executive Producer. . . . . Nasser Kyobe
Administrative Assistant . . . . . Tricia Trageser

PREMIUM SERVICE & SUITE SALES

Managing Director of Suites & Premium Sales. . . . . Eric Engberg
Director of Suite Sales . . . . . Mike Naehr
Director of Premium Service . . . . . Melanie Kermin
Premium Service Coordinator . . . . . Devin Scelsi
Premium Service Manager . . . . . Heidi Grio
Premium Sales Representative . . . . . Alex Branch

COMMUNITY ENGAGEMENT

Managing Director of Community Engagement. . . . . Becca Stout
Director of Youth & High School Football Programs . . . . . Paul Johns
Community Engagement Manager. . . . . Nino Gray,
. . . . . Midori Hobbs, Hanna Sanford
Marketing, Community & DEI Administrative Assistant . . . . . Carissa Hunt

CORPORATE PARTNERSHIPS

Director of Sales. . . . . Jonathan Bosch, Luke Grothkopp, John Pleas,
. . . . . Gina Martinez Todd
Director of Partnership Activation . . . . . Shaun Angell
Senior Manager of Partnership Activation. . . . . Emily Sikma
Manager of Partnership Activation. . . . . Thomas Canedo, Jasmine Garza
Partnership Strategy Analyst . . . . . Ted Zimmerman
Partnership Strategy Manager . . . . . Leah Raphael
Executive Assistant . . . . . Alicia Nickell

DIVERSITY, EQUITY & INCLUSION COUNCIL

Vice President of Diversity, Equity & Inclusion . . . . . Karen Wilkins-Mickey
Executive Sponsor . . . . . Sarita Carter
DEI Council Chair. . . . . Midori Hobbs
Council Members . . . . . Mario Bailey, Desirae Bamba, Dave Canales, ... Madeline Down, Bobby Emerson, Nino Gray, Melanie Hoshino, ... Mackenzie Marques, Amanda Marr, Justin Mitchell, Alicia Nickell, ... Duncan Patton, Devin Scelsi, David Stricklin

DIGITAL & EMERGING MEDIA

Director of Digital & Emerging Media . . . . . Kenton Olson
Assistant Director of Video Production . . . . . Brian Pan
Assistant Director of Social & Digital Content . . . . . Nathan Rauschenberg
Digital Media Reporter . . . . . John Boyle
Digital & Social Content Specialist. . . . . Meredith Ray
Digital Media Producer . . . . . Jon Ryder
Digital Assets Librarian . . . . . Kendrick Easley
Digital Platforms Manager . . . . . Matt Haberkamp
Direct Marketing Manager . . . . . Graham Kinsinger
Direct Marketing Specialist . . . . . Matthew Beaird
Digital Platforms Coordinator . . . . . Lily Herrington
Digital design Coordinator . . . . . Grace Winiger
Digital & Social Content Specialist . . . . . Edwin Hooper

MARKETING & GAME PRESENTATION

Creative Director . . . . . John Weaver
Digital Design Manager . . . . . Sydney Noland
Director of Marketing. . . . . Allison Hoover
Assistant Director of Marketing . . . . . Justin Mitchell
Marketing Manager . . . . . Luci German
Campaign Coordinator . . . . . Abbie Bergerson
Seahawks Dancers Director . . . . . Courtney Moore
Director of Game Entertainment & Special Events . . . . . Ryan Madayag
Assistant Director of Video Production . . . . . Madeline Down
Special Events & Entertainment Manager. . . . . Dan Hardina
Fan Engagement Manager . . . . . Lee Herteg
Mascot Coordinator . . . . . Shawn Christopherson
Motion Graphics Animator. . . . . Christopher Strachan
Feature Editor . . . . . Nathan Hong Fisher
Feature Producer. . . . . Joseph Lipsen

FOOD SERVICES

Executive Chef . . . . . Mac McNabb
Cook . . . . . Alondra Perez Bautista, Pedro Flores, Kyle Fons, Stu McNabb

FOOTBALL SUPPORT STAFF

Pro Scouting Personnel Assistant . . . . . Armani Perez
Director of Football Accounting . . . . . William Saguilla
Executive Assistant/Head Coach . . . . . Dawn Beres
Executive Assistant/General Manager . . . . . Sarah Ruttkay
Director of Player Health & Performance. . . . . Sam Ramsden
Director of Research & Development . . . . . Patrick Ward

FOOTBALL SUPPORT STAFF, CONTINUED

Head Athletic Trainer . . . . . David Stricklin
Assistant Athletic Trainer . . . . . Michael Harrington
. . . . . Mackenzie Marques, C.J. Neumann
Assistant Athletic Trainer/Physical Therapist. . . . . Harrison Grube
Team Performance Dietitian . . . . . Andrea Vanderwoude
Senior Director of Video Operations . . . . . Rob Porteus
Assistant Director of Video . . . . . John Mallory
Video Assistant . . . . . Taylor Bailey, James Churchill, Jordan Clizer
Director of Equipment . . . . . Erik Kennedy
Assistant Equipment Manager . . . . . Derin Lazuta, Chad Sensibaugh
Equipment Assistant . . . . . Austin Bui, Trevor Neal
Director of Team Security. . . . . George Englebright
Director of Team Operations . . . . . Matt Capurro
Research Analyst . . . . . Brian Eayrs
Director of Player & Family Engagement. . . . . Connie Cate
Director of Legends & Player Engagement . . . . . Mario Bailey
Director of Team Travel . . . . . Jeremy Young
Team Psychologist . . . . . Charisse Williams
Head Team Physician . . . . . Dr. Ed Khalfayan
Team Physician . . . . Dr. Jonathan Drezner, Dr. Ashwin Rao, Dr. Nick Seibert
Team Physiatrist . . . . . Dr. Stan Herring
Practices: Drezner & Rao, Family Medicine/Sports Medicine Center at Husky Stadium (Seattle); Khalfayan & Seibert, Orthopedic Physicians Assoc. (Seattle); Herring, UW Medicine Sports Health & Safety Institute (Seattle)

BOX OFFICE, TICKET SALES & SERVICE

Ticket Operations Manager . . . . . Erin Johnson
Ticket Operations Manager/FGI. . . . . Ryan Coffey
Assistant Ticket Operations Manager/FGI . . . . . Chad Kennedy
Director of Ticket Sales & Service . . . . . Lindsay Walker
Senior Ticket Sales & Service Representative. . . . . Steve Lund
Ticket Sales & Service Representative. . . . . Issac Daniels,Tiffany
. . . . . Dimaculangan, Jordan Vargas, Austin Woods

RETAIL OPERATIONS

Managing Director of Consumer Experience . . . . . Doug Orwiler
Director of Retail . . . . . Ryan Olson
Merchandise Manager . . . . . Vikki Knopf
Merchandise Coordinator . . . . . Cheri Betts
Pro Shop Manager . . . . . Michael Camero, Melanie Hoshino
Distribution Center Manager . . . . . Patrick O'Connor

FIELDS & FACILITIES

Director of Facility Operations. . . . . Sean Vanos
VMAC Facility Manager . . . . . Dan Cramer
Facilities Assistant . . . . . Lee Lynch
Fields & Grounds Manager . . . . . Sergio Pedroza
Fields & Grounds Lead . . . . . Jordan White
Fields/Maintenance Coordinator . . . . . Marcos del Toro
Fields & Facilities Assistant . . . . . Drew Sanders

FIRST & GOAL STAFF

EVENT OPERATIONS/ADMINISTRATION

Director of Guest Services . . . . . Amy Swisher
Training & Employee Experience Manager . . . . . Amanda Marr
Director of Event Operations . . . . . Ronny Bush
Senior Event Manager . . . . . James Kraman
Event Manager . . . . . Sarah Syvertsen
Executive Assistant . . . . . Kristen Lopez
Human Resources Administrative Assistant . . . . . Stacy Baxter

SECURITY

Director of Security . . . . . Ron Little
Lead Security Officer . . . . . James McDevitt, Lisa Salinas
Full-time Security Officer . . . . . JP McGee, Lowen Oliveros-Roldan, ... Ron Pawliuk, Charmus Roberson, ... Robert Schisler, Dan Stone, Michael Turner
Parking Manager . . . . . Joe Walden

FACILITY OPERATIONS & CONVERSION

Director of Facilities . . . . . Kathy Brown
Project Manager. . . . . Dori Lentz
Logistics & Sustainability Manager . . . . . Christy Briggs
Maintenance Lead . . . . . Jacob Davis
Building Operations Engineer . . . . . William Gonzalez, James Green, ... Ryan Karns, Kenneth Mayes, Steven Reynolds

FACILITY OPERATIONS & CONVERSION CONTINUED

Lead Engineer . . . . . Mike Apple
Utility Workers . . . . . Karleen Brigham, David Gentry, Ron Lewis, ... William Noble, Francisco Ramirez, Dan Scheeler
Director of Fields & Conversion . . . . . John Wright
Senior Manager of Fields & Conversion . . . . . Sam Town
Utility Coordinator . . . . . Jack Matheson
Fields Lead . . . . . Patrick Burnette
Fields Crew . . . . . Fritz Short, Raul Rios
Conversion Lead . . . . . Bobby Emerson
Conversion Crew . . . . . Vincent Cooper, Will Gray, ... Thomas Henderson, Josh Patch

TECHNICAL SERVICES

Director of Technical Operations . . . . . Mike Tremel
Senior Technical Operations Manager . . . . . Dave Pinney
Technical Operations Manager . . . . . Mike Scerra

SALES & MARKETING

Director of Bookings & Business Development . . . . . Sarah E. Vetting
Senior Sales Manager. . . . . Monica Alfieri
Marketing Manager . . . . . Vicki Taufer

SEATTLE
SEAHAWKS

CREDITS

The 2021 Seahawks media guide has been produced by the club's communications department, under the direction of Dave Pearson, Chief Communications Officer. Information contained herein was compiled by current and previous communications staffs. Editing by Communications Manager Rich Gonzales. Writing and editorial assistance provided by Julie Barber, Jeff Garza, and Chris Whitehead. Special thanks to Don Andersen, Gary Wright, Dave Neubert, former public relations directors, Steve Wright and Lane Gammel. Layout and design by Janet Jensen of Jensen Graphics, also Dave Eliasberg and Dean Higginbotham. The 2021 Seahawks Media Guide is powered by Ingeneerium/NFLOMG. Printing by DCG ONE. Thanks to Sandy Gregory (proofing). **Photography:** Photos contributed by Rod Mar and Corky Trewin (team photographers), Sandy Gregory, Paul Johns, Pro Football Hall of Fame, Kathleen King, Maurice LaBrecque, Larry Maurer and AP Images.